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TWENTIETH EDITION.

MAN'S MISSION ON EARTH:

BEING A

SERIES OF LECTURES

DELIVERED AT

DR. JOURDAIN'S

PARISIAN GALLERY OF ANATOMY

397 WASHINGTON STREET,

(OPPOSITE HAYWARD PLACE.)

BOSTON, MASS.

BUFFALO:
WARREN, JOHNSON & CO., PRINTERS.
1872.

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ADDRESSED TO

THOSE LABORING UNDER THE BANEFUL EFFECTS OF SELF-ABUSE, EXCESSES OR INFECTION;

ALSO,

A FAMILIAR EXPLANATION

OF THE

VENEREAL DISEASE

SHOWING THE DANGER ARISING FROM NEGLECT OR IMPROPER TREATMENT IN DISORDERS OF THE GENERATIVE SYSTEM.

By R. J. JOURDAIN, M. D.

BUFFALO.
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PREFACE

TO THE

TWENTIETH EDITION.

THE rapid sale of nineteen large editions of this little book is a convincing proof of how much it is required, and how ardently it is sought after by the public; in such cases an extensive and continued demand may be fairly considered the test of real and acknowledged utility; for people will not buy largely that which they do not want.

With respect to my own position as connected with the work, the reader will naturally conclude that my pursuits have always been, and still are, devoted to the practice of the particular branch of the profession on which it treats. Such I unhesitatingly avow to be the case; and to those who may think proper to seek my counsel or place themselves under my care, I may simply remark, that I continue as zealous as heretofore in my practice, which I conduct with that honor and integrity which I have the satisfaction of knowing have never yet been violated. The great evil in life is procrastination. Men frequently entertain a curious fancy

that everything will go right at last, and accordingly make but few efforts to guard against what at first appears to be only a trivial annoyance. In this way illness makes its approaches; the first symptom is unnoticed or disregarded, in the hope that the second will not follow; but the progress, if neglected, however slow, is generally certain, and when the condition of the invalid becomes precarious he calls for help, and all the resources which art, anxiety and money can procure, are sedulously sought after. A fire or a flood has a commencement; so has a disease. Death seldom visits us without some premonitory symptoms, any more than the flames burst forth, or the waters rise, without a previous, although it may be a short, warning; this reflection should therefore act as a caution to every one to attend immediately to the earliest indications of contagion or debility, instead of allowing them to undermine the constitution, or run the risk of forfeiting that manly vigor which is the absolute attribute of the reproductive system.

INTRODUCTION.

THE opinions and information in this Essay are the mature result of many years' successful practice; as such, I introduce them with confidence to the public The unfortunate prevalence of the habit of self-abuse renders an apology for a work of this nature unnecessary; the subject, as connected with the continuation of the species, becomes one of vital importance, and if by disseminating information I can prevent its unhappy votaries from continuing the practice, or caution inexperienced youth from falling into such courses. It becomes an imperative duty to explain the enormity of the crime, and detail the awful consequences arising from an indulgence in it.

The objection (particularly in youth) to speak of any disease of the generative organs, and the ignorance of the results arising from neglect, have ruined the constitutions of many, and brought them to an untimely end. Venereal complaints are not like the ordinary diseases which man is subject to, and which nature unassisted will often cure. Syphilis, if left to itself, or if dependence is put upon the powers of the constitution, will in a short time make such fearful ravages that the human

frame becomes a mass of hideous and loathsome corruptions. Can he be blamed, then, who, seeing his fellow-creatures unconsciously sinking through ignorance under this terrible scourge, speaks to them in kindly terms, and, showing their danger, points out how they may be rescued? I contend, therefore, that my purpose is a highly moral one: it is to admonish the rising generation, to indicate the snares that beset their path, and to succor those who, through ignorance or bad example, have adopted pernicious habits, from their further pursuit.

At the same time that I tender to the sufferer the plain and necessary information regarding his disease, I point out the means of obtaining a cure; and the most sceptical person must feel satisfied, that by adopting the same mode of treatment that has been pursued with the greatest success in thousands of cases parallel to his own, he may anticipate with confidence deriving the same beneficial results.

In treating of Syphilis, Gonorrhœa, Gleet, etc., I have purposely been very concise. The best advice that can be given under such circumstances, is immediately to seek the assistance of those who, from extensive practice, are most conversant in diseases of the generative organs. If the least doubt exists, a single visit would prevent the transmission of infection, which in many instances has caused the destruction of domestic happiness, and which by timely application would have been averted.

In concluding this introduction, I wish particularly to address those about entering into the married state. Though there are many higher and nobler ends involved in the existence of mankind, yet so far as the mere animal functions are concerned, the procreation of a healthy offspring is at once one of the most important in its object, and the most delightful in its legitimate exercise; but while Nature bountifully provides for our enjoyment, it is an invariable result of her laws that every transgression incurs the penalty of disease. The greater the pleasure, the greater the temptation to excess and abuse; hence more evils are produced among mankind through the abuse of the procreative powers than from any other cause. Diseases thus engendered rank among the most painful and revolting to which humanity is liable, and not only do many of these diseases inflict great mental and bodily suffering upon the unhappy victim, but they generally affect the progeny also, and involve whole generations in the most distressing infirmities. To guard against such a result is certainly an object worthy the attention of all men; therefore, if at any time they have been exposed to disease, or if from being addicted at an early age to the vicious habit of self-indulgence (though discontinued for a long period), they should be subject to seminal emissions, or labor in the slightest degree under local weakness, it becomes a sacred duty, before incurring the serious obligations of matrimony, to feel fully satisfied that they may not be the means of

nanding down an hereditary taint, or expose themselves to contempt, by being incapable of fulfilling that great end of Nature—the procreation of the species.

Finally, I have to observe, that those who wish to apply for advice or assistance may confidently do so without the least hesitation or diffidence. As an experienced practitioner in the above peculiar class of diseases, I have been and am continually consulted in cases of a truly delicate description; and the most timid may rely on my invariably regarding that inviolable secrecy which must in every instance prove the basis of an extensive and respectable professional reputation.

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LECTURE ON CONSUMPTION.

GENTLEMEN: The subject of this evening's lecture is that terrible malady which, with insidious strides, advances with civilization, too often baffling medical skill in its efforts to arrest it,—that disease which is known under the different names of consumption, decline, or more scientifically called Phthisis. Consumption is a gradual decay of the vital powers. When found in young patients, it bears this name; but when in middle-aged or old persons, the same disease is called decline. Now, in my former lectures, I have pointed out how utterly useless it was attempting to arrest any disease without first removing or curing the original cause. And here, again, we find the truth of my assertion remarkably exemplified in the treatment of consumption. Notwithstanding the advance of medical science, we see daily instances where otherwise excellent physicians fail, entirely owing to their cutting at the surface rather than digging down to the root. From this very failure we too often hear it asserted that consumption

cannot be cured. Now, when we consider the nature of the disease, its frequency, and the sad havoc it is making upon the vitality of the nation, destroying thousands of unfortunate victims, it becomes a solemn duty to inquire into its nature, its effect, and its origin. Having already given you, in former lectures, physiological advice on other branches of diseases, I would be unworthy of my position, if I neglected to give you the benefit of my experience in this, the most insidious, and, as many think, the most hopelessly incurable, of fatal affections. Having premised thus much, we will at once enter upon an inquiry into the nature of the disease.

Now, as I said before, consumption is a consuming away of vital force, originating in different causes. Now, if we take the word in its actual literal sense, we are all, every one of us, affected with the disease. Every day, nay, every hour, our body is exhausting itself and giving out, even in gaseous exhalations, its strength and energy; but, fortunately, it is also at the time gaining from food, exercise, fresh air, and a natural recuperative agency that amount of strength which will make up for the exhaustion. As we grow old, this work of recuperation becomes more sluggish, and at length we sink into infirmity, and finally death. But for this, life would be eternal. When, however, from some

cause or other, our exhaustion is increased beyond the point of recuperation, or recuperation decreased below the point of exhaustion, then commences at once the fatal disease of which we treat in this lecture. And then, if we wish for successful treatment, we must look out and find the cause of this organic change. It is a common error to suppose that consumption is confined to one particular class of frames. Experience teaches me that such is not the case. I certainly allow that there are peculiar habits of body which appear more liable than others. Thus, persons of slender make, long necks, narrow chests, and prominent shoulders are generally more liable to attack, owing to the fact that persons of such make have less vitality, as a rule, than others. But every class of man, from the strong, powerful pugilist, to the well-made but slender student, all classes of make and form are, in fact, liable to this fatal affection; and this only can we say, that, as the strong man has more vitality to resist the evil when attacked, so will his chances of cure be immensely increased. But let him not think that in his present strength and form he enjoys any immunity from the malady.

We will now examine into the symptoms. This disease, like every other, must incubate some time before it begins to make its appearance, and, like every other disease, it varies in its symptoms; but, to the practiced eye of the

physician, the seeds of decay are clearly visible. After a while the patient begins to feel lassitude; he is easily fatigued; any rapid movement affects his lungs, bringing on a slight cough; this slight cough becomes habitual to him, though he does not remark it himself, nor like its being noticed by others; his breathing becomes hurried; he becomes more or less emaciated. This state continues for a year or so without his complaining. He becomes more easily affected by cold, his cough being always increased. He has some affection of the head, nose, and eyes, as if from common catarrh. At length, a cold appears of more than usual severity. The cough becomes more troublesome. It had formerly been occasional and dry; now it becomes more constant, and in the morning there is considerable expectoration. This becomes copious and tough, and at length purulent; the breathing becomes more hurried and difficult, and the debility and wasting are increased. Then there appears a hectic fever. As this often accompanies other disorders, it may be as well to define it. Hectic fever is that fever which has exacerbations, or an increase of severity twice a day. The first occurs about noon, and another one in the evening, which generally continues till after midnight. Sometimes these exacerbations are preceded by a sensation of cold. I say sensation, for in reality the skin, if examined by a thermometer, would

show an actual increase of heat. The night attack is the worst, and is accompanied by profuse perspiration, commonly called night sweats, which becomes more and more profuse as it advances,—the worst period of which is between two and four in the morning. The appetite for food is not always at first impaired, but in an early stage is sometimes voracious; afterwards it declines. The face is commonly pale,—at times flushed up with a bright red spot on each cheek. The weakness of the system is great and increasing, and the wasting is carried to an extent that is almost incredible. The mind seldom becomes much affected; in fact, in most cases it continues in a state of buoyancy and hope which is astonishing. Whilst the approach of death is clearly marked by all, the patient himself is full of joyful hope of recovery. Sometimes the cultivated genius shines out with more than usual splendor as life ebbs away, like the beautiful but fabulous song of the swan heard for the first and last time at its dissolution. Whilst the fever and expectoration go on, there is generally a pain experienced in some part of the chest. At first it is felt under the breastbone and only when coughing; afterwards it spreads to some part of the side. These symptoms all take some time in developing themselves. Nature fights bravely against its greatest enemy, dissolution; but, unaided by medical science, or perhaps frus-

trated by the habits of the patient himself, it gradually loses ground.

There is one point on which all medical men are agreed, and that is, that consumption is most frequent among those who have tubercles of the lungs. But it may be asked what are they, and how is it known who have and who have not tuberculous lungs? Tubercles, then, are certain minute hard swellings, inactive at first, but, when inflamed, they change into little abscesses, which break, pour out their matter, and, as they multiply, and continue the exhaustion, the lungs become fretted away and destroyed. As to who have tuberculous lungs, we can merely say that persons of a scrofulous tendency are those who most frequently have them; also persons of a sanguine temperament, smooth skin, ruddy complexion, large veins, soft flesh. The substances expectorated may be divided under two heads,—mucus and pus; and some physicians assert that they can form their diagnosis from the expectoration. Such, however, cannot be relied on, as I myself have seen the most formidable-looking matter exchanged under treatment for improved expectoration, and perfect health is restored. There are means of deciding the nature of the attack, but they are too intricate to allow of their definition to an unprofessional audience. Indeed, nothing but the most careful observation, founded on long experience, can make the

required distinction. Some few diseases are sometimes, upon careless observation, mistaken for consumption,—such as sympathetic cough, irritation of the diaphragm, ulceration from inflammation, inflammation of the windpipe.

Too often persons, by neglecting a cold, lay the foundation of a long list of symptoms, ending in the grave. Let no one, therefore, thus endanger his health. But, though the advice is good for all, it is many times more applicable to those who are of the habit and temperament I have mentioned, or to those who have lost any of their relations by consumption. Let these, then, be especially on their guard. Every species of disease is more or less amenable to medical treatment,—more as it is taken in time, less as the powers become exhausted.

Having shown you the nature and symptoms of the disease, my next step must be to look at the causes and cure of it, for this is the most important part of the whole subject. It is here that the doctor, if he wishes for success, must begin his labors; and, unless he do begin here, the victim is doomed irremediably. How imperative is it, then, upon us to make it a subject of the closest inquiry! As I said before, a constant exhaustion is going on about us. This being natural and remedied by nature, we need not do more than mention it; but when the exhaustion is too great, we must discover the

cause and diminish it. When the recuperative power is diminished, we must find out the cause and increase it. Too often in practice the medical man, finding exhaustion increased, forces with medicines the recuperative agency up to the same point as the other. This, then, effects a partial cure; but nature, whose laws must be obeyed, soon suffers under this forced treatment, and the after results are more formidable than before.

In the first place, we will take the delicate frame, delicate from hereditary causes. Perhaps the parents have been sickly, perhaps they are tainted with scrofula; perhaps they have been, as too often is the case, guilty of self-pollution. In such cases the recuperative powers are enfeebled, and consumption sets in. Now, here, in a case like this, medical art can only for a time avert the calamity. The whole frame is too weakly to combat the disease. Nature herself seems apathetic as to the result; and, as she quietly yields with scarcely a struggle, art can but supply her place for a time. Then, as that becomes exhausted, the patient sinks. Now, such a case as this must be kept separately classed from other kinds. It is a case of consumption, and yet, in one sense, it is not. The individual in question was doomed from infancy; his vitality was below par; and if he had not fallen as he did, he would have rapidly sunk

under any of the other casualties which constantly overtake human beings, and which, to strong constitutions, pass off as slight temporary ailments. He may be said to have been born and lived in a regular consumption. In this case it must be obvious to any one that medical art cannot build up where there is no foundation, cannot restore what has never been lost, cannot awaken a recuperative power which has never existed; but, fortunately, these cases are rare.

We now come to the regular consumptives, who, from sound health, have fallen into the distressing malady, and here we have plenty of hope of cure. Take the strong lad who, at an early age, has acquired the habit of smoking and chewing to excess; who, as he grows older, indulges in intemperance, keeps late hours, spends those which ought to have been spent in refreshing sleep in a close room, loaded with numerous exhalations and stale fumes; who gives himself up to lassitude and *ennui*, seldom doing much but reading or sauntering to and from places of amusement, indulging in venereal excess, pampering his failing appetite with rich and luscious foods and stimulating cordials. For some years this continues; lassitude, pallor, and a number of other symptoms set in, and at length the abused system becomes reduced to a consumptive tendency; cough, hectic, and night sweats set in,

and medical aid becomes imperative. In my description I have commenced with the cause; but in this case the physician has to trace it back for himself. When he sees the patient, he may and probably is emaciated, worn out, and apparently tottering to a premature grave. His constitution may seem reduced to the last stage, and yet, by finding out the cause, stopping it at once, supplying proper hours of rest for improper, good food for bad food, gentle exercise for listless idleness, and, by medicines, alteratives, and stimulants, working the frame up from its state of apathy and dullness to an active and natural state, he may not only succeed in warding off the fatal symptoms, but he may also bring back the system to a healthy and natural state. But if he at once acknowledges the disease as arising from pulmonary complaint, instead of pulmonary from something prior, he will endeavor to cure that which, as long as the cause last, is hopelessly incurable. And so one more case is set down to the incurability of lung complaints.

Now, the case I cite, is similar to many that have come under my own treatment, and these were men of naturally very strong constitutions. Many others with weaker constitutions are reduced to a similar state of prostration through indulging in a much less degree than the case I have quoted; and, having the cause of their debility taken away, have, under skillful treatment,

regained their natural strength and vigor. There are others, again, who have equally abused nature, but not by dissipation or sensuality; many who, by long exhausting attention to business, taking no exercise and improper diet, have impeded the recuperative powers, and laid themselves open to pulmonary complaints. Others, again, who, by careless exposure to wet and cold, irregular meals, and constant excessive fatigue, have reduced themselves similarly. In fact, it would be an endless task to enumerate all the leading causes of decline. We can bring them all in under the head of abuse of natural powers, and inattention to those rules which govern the body, which rules every sane man ought to study and follow. There is, however, one cause of consumption, and, I may say, most prolific cause, which I have already treated of at length in my lecture on the subject, but not in reference to its connection with consumption. I will now refer to it.

We have shown how, under the effects of excessive exhaustion, the vitality becomes impaired, thus paving the way for the introduction of this insidious disease of phthisis; but, though the demand upon the system is always great, in early youth, before puberty, and afterwards to maturity the demand is infinitely greater; for not only then do we require that which may supply the actual loss of the day, but a larger share is

required to perfect the growth, enlargement, and consolidation of the parts. Whatever, therefore, exhausts the powers then, does it in a double manner, not only weakening the actual force, but preventing the different portions of the system from obtaining their proper nutriment. What, then, must be expected from the terrible sin of masturbation, or self-pollution? Just at the time when nature requires, imperatively requires, every part and particle of its sustenance and support, the greater portion is drained off and lost. This cannot continue long without painful consequences, and the system speedily becomes debilitated, and then still less able to go on with the great work on hand. Let us once more examine the actual results of this disgusting habit. From it arise debility, pallor, nervousness, loss of sleep, confusion of ideas, aversion to exercise, listlessness, idleness, pains in the head, melancholy forebodings, voracity, fear, and loss of memory. How, then, I would ask, can any man,—how, then, can any one expect nature to work under such disadvantages? Sleep, that great restorer, whose effects act like charms upon the body and mind, ceases to soothe and invigorate the wretched Onanist's body, rather by its fitfulness and fever acting as an exhausting object. Exercise, so necessary to the young, is partially or wholly neglected by the victim; whilst that activity and buoyancy of spirit, so

necessary to enliven and push on the works of nature, is dead, sullen, and gloomy. The consequence of all this is that if the wretched victim escape the actual immediate punishment attendant upon his excesses, he grows up to be a man, but with his vital agents already weakened and ready to fall into the jaws of disease, in whatever shape it comes. And when we consider how mere inattention and carelessness may superinduce this terrible affection, how much more certain will it be in its effects upon those who by actual self-abuse have weakened and impaired every part and parcel of their godlike frames!

I have hitherto confined myself to the disease and cause; but having also mentioned its curability under some circumstances, I will illustrate a case in point, the details of which will speak for themselves. The patient, a young man of thirty-two years of age, of a sanguine temperament, had been taken ill some five months previously, commencing with a cough and pain in the chest. The disease spread with such alarming rapidity, that he was soon reduced to complete debility. He was unable to make but the slightest exertion. His hacking cough continued almost without intermission. The night sweats were profuse, appetite gone, and a constant looseness of the bowels added materially to his other infirmities. At first I myself almost despaired of even prolonging his life, much less

curing him. I soon found out that he had originally been of a robust constitution, but that he had gradually fallen away, until suddenly attacked by this galloping consumption. After several weeks' treatment, during which time the life of the patient seemed hanging by a mere thread, he began to amend, and, after a long time, regained his health. One of his lungs was nearly gone,—but which I was in time to save. This gentleman had suffered from spermatorrhœa and nocturnal emissions, which had been the original causes of his decline. I cannot say how long this gentleman lived. At any rate, five years afterwards he was as robust, apparently, as could be.

Unlike many other diseases, consumption is not confined to the human race. Tubercular disease has been found in almost every kind of animals,—the pig itself not being exempt. As pulmonary inflammation is one of the causes which very frequently leads to consumption, or, at any rate, the immediate cause of its development, I cannot pass it over without a few remarks. Pulmonary inflammation may be of two kinds, either inflammation of the pleura, or inflammation of the substance of the lungs. It commences with the usual symptoms of fever,—a shivering succeeded by an increased dryness of the skin, thirst, flushed face, and frequency of pulse; a difficulty of breathing comes on,

and a pain in some part of the chest. Sometimes it is fixed, at others it shoots towards the shoulder. An expectoration of yellowish, viscid matter takes place. This disease may terminate in three ways, namely: by resolution, suppuration, or gangrene. This last, however, is not of frequent occurrence. When it terminates by resolution, there occurs a gradual subsidence of all the symptoms. Suppuration is more to be dreaded, for where it forms an abscess in the lungs the breathing becomes short, the cough dry and obstinate, the body becomes enfeebled, and night sweats make their appearance. If the abscess can be reached, or if it break without damaging the air-cells, the patient will recover. Gangrene of the lungs is denoted by a sudden cessation of all pain, a lividity of the countenance, intermittent pulse, fetid expectoration, hiccup, stupor, and death. As I said before, pulmonary inflammation is apt, especially in tuberculous lungs, to bring on consumption, its effect being to irritate the tubercles and awaken them to that state of activity which speedily developes itself in a regular pulmonary complaint.

The nature and contents of this lecture make it hardly necessary for me to conclude my observations by pointing out the necessity for respecting the splendid frame which God has given us; but yet, as the necessity for regarding its rules is of such vital importance to all, I can-

not refrain from adding a few words of exhortation. Let every one present study for himself the laws of the human system. Let every one, in every walk of life, remember this great truth, —that Nature will demand a terrible retribution upon all who abuse her. If you contain yourself temperately and soberly, obeying her laws and respecting her dictates, she will then be to you a guard and a defense. When sickness or accident overtakes you, she will be the first to bear you back to health and happiness; but if you abuse her, not only will she be apt not to defend you when assailed, but she may even herself be the first to deliver you up passively to the first vital affection which may attack you. Let man, and oh! especially let youth, preserve with care the greatest treasure Providence can give, and then bestow that same robust health to his offspring.

Hoping that my lectures may be of lasting advantage to my hearers, I conclude.

61 Hancock Street, Boston, Mass.

LECTURE ON VENEREAL DISEASES.

GENTLEMEN: The subject of this evening's lecture is one which everybody, be he young or middle-aged, would do well to attend to. It is one affecting in a most serious degree the health, happiness, and domestic comfort of the community at large. It is one on which ignorance or apathy may blast the happiness of the individual. Lucky if it does not spread greater havoc, and carry disease and misery on unsuspecting innocence. The subject, gentlemen, is that terrible curse which assails the human race, and which is known by the name of venereal diseases. And is it not terrible to look into the world and mark how this fearful scourge has worked its dreadful vengeance on its victims? Here we see the youth who set out in life surrounded with everything that could make life happy and prosperous, loved and beloved, and yet in a thoughtless moment he has become infected, his body is covered with loathsome sores, his health ruined, himself racked with pain and disgrace, his face disfigured so that even his best friends shrink from him. Oh, what would he not give if he

could recall the past! But, alas! the inexorable hand of time moves on, and he must bear with him the punishment of his ignorance and folly perhaps to his grave. Sad as is this case, it is no more painful a picture than what constantly comes under the view of the medical practitioner; and, melancholy as is the fate of such a one, how much more terrible must be the feelings of the staid married man, the husband of a virtuous wife, the father of innocent children, if, in a thoughtless moment, he has become contaminated! Neglect and ignorance have multiplied and concealed the disease, or perhaps the specifics of ignorant pretenders have appeared to cure; then it breaks out with all its horrors, cursing not only himself but his wife, and perhaps children yet unborn. Terrible as is such a result, could you, as I can, pierce the veil of secrecy which surrounds such cases, you would be appalled at the fearful effects of this vice,—effects which no one but a medical man can appreciate at their full value. And feeling this to be the case, I devote myself to such an exposition of cause and effect as I believe will tend to the advantage of those whom I address. Nor is there any one here present who would not willingly do the same thing for the cause of humanity, had he witnessed in hospitals, or in private practice, the fearful effects which I have seen, arising from neglect, abuse of mercury, or long-

continued delay. I mention these causes, for such is and has been the march of medical science that the disease itself succumbs in most cases easily to the practiced professional.

Having premised thus much, we will at once turn to our subject, which, as I said before, is an examination into, and explanation of, venereal diseases; also, the abuses arising from ignorance and neglect.

The disease is generally classed under two heads,—that which is truly local, as gonorrhœa; and that which may affect the system, as syphilis. Syphilis arises always from inoculation by venereal poison. This may be attained in various ways, but generally by coition with a diseased subject. A short time after coition,—from three to ten days,—a slight pimple, accompanied by itching, forms; then follows a slight pustule, which, breaking, exposes a venereal sore. This sore may be of three kinds,—simple, indurated, or phagedenic. This simple chancre yields readily to treatment; the indurated, however, requires very careful and skillful treatment, else secondaries are sure to follow; the phagedenic is an eating ulcer, as the name signifies, and rapidly destroys the part affected. Sloughing is apt to follow, and, unless skillfully treated, the organs of generation are apt to be extensively impaired, if not destroyed. When primaries have set in, if neglected or imperfectly treated,

within ten days or a fortnight a swelling or swellings on the groin or groins is apt to follow. This is called bubo, and may be of two kinds, sympathetic or syphilitic. After this, within from three weeks to six months,—oftener about three months,—secondaries set in, affecting the throat and mouth, then breaking out in scaly or suppurative eruptions, acting on the skin and nerves, destroying the mouth and affecting the nose. After this, at a period from six to twelve months, or even years, what are called tertiary symptoms set in. These are apt to destroy the testicles by carcocele, which, unless carefully watched, produces atrophy of the parts. They bring on periostitis, or disease of the bones, and when the disease reaches this stage the agony is such that life becomes almost insupportable.

Such, then, are some of the effects of diseases of this kind. Vigor, beauty, health, and life itself may be destroyed. How necessary it is for all to guard against this dreadful disease! Look gentlemen, at the models,—each and all of them taken from actual cases; and could you yourselves look into that part which memory of experience and practice on this very disease gives me, you would yourselves see how little do these models come up to some of the terrible cases which have come under my notice. Can any one be so foolish as to run the risk of encountering these evils by neglecting or secreting the

cause, or by rushing off for some foolish and useless specific? One would think not; and yet how constantly do these cases occur! Indeed, two-thirds of the worst cases arise from these two prolific sources. The practical physician, if he have any kind of constitution to work upon, can invariably arrest the foul destroyer, but where long neglect or malpractice has hardened the disease, then terrible is the fate of the sufferer.

In example of what these will bring about, I will cite a case in point. This case, No. 489, was a man of forty-five. He had lived a gay life; had been fortunate in escaping syphilitic contamination for some length of time. He at length got contaminated; disease appeared five days after contact. He being then away in his yacht, was unable to get advice. He immediately made into Southampton, got advice and medical treatment. His chancre first of all indurated, became phagedenic under the treatment; sloughing set in; his penis was threatened with destruction; secondaries of the worst type appeared. Mercurial baths were ordered, which fearfully increased the evil. His tonsils were seriously affected; the roof of his mouth impaired. Finding himself worse, and fearing utter destruction, he hurried up and consulted me. The fearful ravages of the disease were awfully apparent. I immediately altered the

treatment. In three days the sloughing ceased; in a marvellously short time the ulcers in the mouth disappeared, and after a long interval he was restored to full health. Case 911 was even more serious. He had also suffered from neglect and maltreatment. The chancre in his case had been destroyed by caustic, the disease itself being left to work its own way. Secondaries soon appeared. These were partially treated, and tertiaries set in. At last resource, the patient came to me. At that time carcocele threatened his private parts with destruction, whilst periostitis racked his bones with torments indescribable. From the immense length of time this had been running, the case was a serious one. It was here a matter of life and death; but, happily, I was enabled to cure him of his pains, and, after a long and tedious combat with the disease, he was restored to a passable state of health.

Sad as are these cases of terrible disease, they are yet observable to all. The patient though he suffers, suffers alone; no one else has his pains and shame. But, alas! such is not always the case. Too often the victim, falling into inefficient hands, is sent away partially cured; the virus still infects his blood, and will reappear in a manner more fearful to contemplate than even the agonies of periostitis. Could I unfold those secrets which have been confided to me as a

medical adviser, the hearer would start at the terrible revelations which would ensue. How the young and lovely bride is stretched on the bed of sickness, and sometimes death,—attacked, mutilated, and disfigured by this loathsome disease! How, too often, the child shrinks away to an early grave from a life which has been but one utter misery,—a misery inflicted by that being who should have guided and guarded its every precious breath! Enough for us to say,—and let this advice ring in the memory of all,—that no one who has been once infected, and whose disease has run any time, can be sure that he will not suffer in the future. Often the disease lies dormant in the system, leading the victim to rest under the delusion that he has escaped all deleterious influence, and then, when least expected, it bursts forth two or three years afterwards in all its terrible symptoms. Nay, it has been known to appear years and years afterwards; in fact, it is almost impossible to say what length of time may intervene before it does appear, as in many systems it undergoes various changes, caused by local and constitutional reasons, and which govern the length of time which may elapse.

We will now turn from disease arising from syphilis to that which is generally known under the name gonorrhœa. This, like chancre, arises from venereal poison, which is, however, different

both in its nature and effects from syphilitic virus; but, though confined to local symptoms, and hence less dreaded than syphilis, it yet leads to as many, though more secret effects.

Gonorrhœa may be divided under two heads, virulent and simple. It is simple when arising from some irritating source, which does not, however, contain poison. To distinguish between them is by some men, as Drs. Hunter and Ricord, set down as very difficult. Science and experience, however, do enable the definition of them to be made with ease. Indeed, that physician who makes a specialty of these diseases of the organs, and yet fails in distinguishing at once the difference between them, would be very apt to fail in his treatment of all classes of diseases. Simple gonorrhœa may arise from a multiplicity of causes. Men who have injured themselves by masturbation are extremely apt to get from women suffering from whites or leucorrhœa a disease very similar to gonorrhœa, which, however, requires very different treatment. This shows how necessary it is for the medical man to judge correctly. On his decision the domestic happiness and welfare of numbers may be at stake, fair fames destroyed, and lives rendered miserable. Virulent gonorrhœa, however, arises from venereal poison, and thus affects the parts. Within six to thirteen days after coition the patient discovers a slight burning or itching in

his urethra. This continues · a discharge from the urethra follows; intense pain and great difficulty are experienced in rendering water, which becomes ejected in a broken stream. Chordee is next apt to set in. It is an affection of the most painful nature; the under part of the penis not allowing its extension, it becomes curved, and causes awful agony. Sometimes the prepuce becomes distended, causing what is called phymosis. Where the skin is drawn back the symptom is called paryphymosis. The discharge from the urethra consists of mucous pus, at first of a white color, exhibiting epithelial scales.

It is an unfortunate thing that persons run away with the idea that gonorrhœa is a simple and comparatively harmless disease; hence they neglect it. In some cases, like any other affection, its effects are simple, and, when taken in time and skillfully treated, may soon be checked without much after results; but when neglected, it may become an incurable gleet, which not only unfits the victim for matrimony, but even eventually brings on impotence. And let my hearers take warning, for numbers and numbers of cases daily occur of a gonorrhœa settling into a chronic gleet, which may torment the patient for years, if not for life. And what can be more repugnant to well-constituted feelings than thus

dragging the visible result of one's folly through every phase and relation of life?

Case 1430, amongst many others who have applied to me from this cause, evidences the sad results arising from gonorrhœa. The patient, thirty years of age, at the age of twenty-six contracted gonorrhœa, which was allowed to run some time, owing to the idea that it would cure itself. In spite of medical attendance. which was called in, the disease continued; inflammation of the bladder was brought on; further complications superinduced that most painful of all affections, stricture of the urethra. Finally, the disease lapsed into a gleet, which continued to torment him, without any diminution, in spite ot every effort made in his behalf. Though deterred from matrimony by shame and fear of infection, he sought to find illicit pleasures elsewhere, when, to his astonishment, he found himself impotent. Despairing of help, and reduced to the last extremity by this terrible blow, he sought my advice. It will be unnecessary to specify the nature of my attendance. I will merely remark that, had he delayed applying to me much longer, he would have been ruined for life. As it was, he was only restored to health after a long and tedious illness.

Whilst on venereal matters I may as well call your attention to a fact which is not generally sufficiently appreciated. I have already, in other

lectures upon the fearful results of masturbation, shown the terrible local, physical, and mental results arising from it. There is, however, another evil, which must here be mentioned, and that is, that those who indulge in this vice and become affected with gonorrhœa, after the acute symptoms are passed away, return to their old habits, and by keeping up the irritation frustrate the physician's efforts to cure them. The result is invariably a long-continued if not persistent gleet, whilst their constitution under this double drain becomes very seriously impaired. So, again, those who have continued the baneful habit any length of time so affect their constitutions and impoverish the blood as to impair the recuperative powers of the body; hence, when infected with syphilis, they have no power to withstand it, and the disease rapidly assumes malignant forms, and the whole system sinks, through want of that virile power which masturbation has so disgracefully thrown away.

In case 1430 I mentioned stricture of the urethra. It is necessary for us to enter more fully upon the nature of the disease, as it is one of the most serious, if not the most serious and painful, after-results of gonorrhœa. At the same time it has been occasionally known to arise from other causes, though but seldom. Strictures are of two kinds, called spasmodic and permanent. The serious nature of the

disease may be understood when we find it gives rise to all or some of the following disorders: irritation of the bladder, a dilatation of the urethra, ulceration, fistula, enlargement of the pel vis, of the kidneys, besides other complaints which are sympathetic, such as swelling of the testicles and of the glands in the groin. With such a painful combination following in its wake, stricture must needs be a serious affection. It affects the urethra, or the canal by which water is passed or semen ejected. From its object and intention, this canal must needs be small and complicated; hence obstructions are apt to arise, which, in part or wholly, prevent the passing of urine. There are, then, five different recognized methods of obstruction. Three of the former are a lessening of the diameter of the passage, and the fourth an excrescence. The fifth arises from the walls being compressed. The causes of these are not so easily classified. I, however, from experience, would group them under four heads, and in this I am supported by Ricord. The first, which may be generally called spasm, does not arise from any change of tissue. The second arises from organic changes, such as, by ulcerations, with surfaces more or less fungous. In certain cases the urethra is encroached upon by true vegetations. These may exist in any part of the canal; hypertrophy and engorgement of the folds of the urethra may

also form projections analogous to those which depend on cicatrices. Organic changes also arise from alterations in the walls of the canal, as engorgement of the urethral walls, from which callosities assuming a fibrous condition ensue. Indurations from chancre will sometimes give rise to the disease, but in such a case it yields to antisyphilitic remedies. The third are affections which proceed from parts external to the urethra. The most common is inflammation of the neighboring tissue, or inflammation followed by nodosities, or rings, which cause a deviation in the canal, elevate its walls, or strangulate it completely; and finally we have contractions of the muscular fibres. The fourth compound causes are those morbid states which I have mentioned, existing in various ways, which give rise to compound strictures.

The two kinds of stricture to which these cases give birth, as I said before, are spasmodic and permanent. Some writers have even named a third kind,—a mixed case, composed of permanent stricture and spasm. As, however, the word permanent carries its own meaning, it must be an odd distinction which can classify the two together.

Spasmodic stricture is that stricture which arises from other causes beside organic change in the parts, and will commonly explain its origin on close investigation, and as the cause is

removed will regain its usual structure. Permanent stricture, arising from alteration in the structure of the organization, is, of course, as its name signifies, always more or less persistent. In this disease the patient seldom complains till he can hardly procure a passage for the urine, and frequently has a considerable degree of strangury.

The same stricture, however, is not at all times equally bad. Thus, it is always affected more by cold than heat; is always worse in winter than summer. Although from the nature of the disease, it would seem almost impossible for medical science to alter and readjust the parts, yet such has been its advance of late years that it is very generally successful. It would be unnecessary to enter upon the means of cure, as they are of too delicate and fine a nature to allow of their use by other than experienced hands.

As I mentioned some of the results arising from stricture, it may not be uninteresting to briefly explain the nature of some of them. Enlargement of the urethra is the breaking and wearing away of the canal preceding the point of obstruction, which arises on the same principle, that when we dam up a stream it will in its endeavors to escape enlarge its banks. Ulceration is formed by the urine, in its endeavors to open up a new passage for itself, which if effected

is a source of annoyance, and if not is apt to bring on mortification. Fistula arises from inflammation in the new passages, and brings on complaints of an intermittent kind, such as fevers. The swelling of the gland is even more serious than any of the preceding ones, as we have fewer methods of cure. Here we cannot destroy it, like the stricture, nor can nature relieve herself by drawing off the water through new passages. We can, however, relieve it by the catheter. The disease itself is a swelling of the gland until the mouth of the urethra becomes entirely closed.

Time and space will not allow us to go further in the matter. Sufficient has been shown, though not one-fifth which could be, to prove to the most thoughtless the fearful diseases and complications which may arise and follow even simple venereal infection, and which may and do follow the general effects of sensuality of whatever kind. The organs of generation are too fine and beautifully arranged to allow of abuse of any kind without inflicting severe penalty.

When we think, then, of the nature of the venereal disease; its disgusting and revolting symptoms; the disgrace, pain and danger, which follow in its track; its destruction of all those holy connubial joys which are the highest pleasure beings can enjoy below · the utter domestic

wretchedness it is apt to cause, and its frequency in our midst,—it becomes the duty of every man to acquaint himself with that part of its nature and history which will act as a safeguard from temptation and a means of relief in case of suffering; but also in a much greater degree does it become the duty of physiological exponents and leaders to show, explain, and bring before the public those subjects which will tend to promote the great objects that they have at heart. And, having myself in a long practice seen the suffering, bodily and mental, which arises from venereal diseases and those of the generative organs generally, I determined, if possible, to mitigate the evil as far as lay in my power.

61 Hancock Street Boston, Mass.

LECTURE ON DYSPEPSIA.

GENTLEMEN: We have in previous evenings dilated upon different subjects intimately connected with the health and welfare of the public generally. Of those diseases which we have treated of in my lectures, many of them arise, as I have before mentioned, from disorders of the stomach and system generally; and, in order to remedy these diseases, it is necessary to find out the causes of them in the first place. Thus we cannot neglect that most prolific cause of illness, hypochondria, and many other ailments, while treating of these subjects; and that prolific cause, both fearful in its effects, and most common in its occurrence, is dyspepsia. Now, as dyspepsia is generally only a result, so it is in itself a cause of a variety of dreadful diseases. Too often medical men, as I have before said, trace back different ailments to dyspepsia, and there rest satisfied with the discovery; whereas it is essentially necessary for successful treatment to carry the inquiry still farther, and find out what has been the origin of this, the foundation of so many complaints. As one engaged in the

great work of advising on physiological matters, —advising in such a manner as may enable man to avoid, by attendance to simple rules, the multifarious disasters and evils which otherwise will accrue,—I cannot do better than make dyspepsia, its cause and effects, the subject of to-night's lecture. And therefore, gentlemen, we will at once proceed upon our subject.

Dyspepsia, therefore, arises from a disordered state of stomach, a weakening from various causes of that part of the system which regulates the digestive and absorbing powers; and one thing which must be recognized by all men as, in fact, the alpha of all physiological science, is that the stomach holds in an eminent degree a close connection with every vital function. If the stomach be in good health, the brain will be clear, the frame strong, the spirits buoyant; but the moment when, from any cause, it becomes deranged, although pain may at first appear but in that region, all other parts are more or less affected. This connection is, however, reciprocal. A disease of other organizations may also act upon the stomach; the stomach, however, always acts upon the others. That this should be so is evident from the capabilities and offices which this organ has to perform. Into it are poured all those substances which are to renovate the brain-cell, to strengthen the blood, to give pliability to the muscles and joints, to

support the nerves, and to replace the natural exhaustion of the frame. The moment, therefore, it fails in any of its functions, each and every one of the organs suffer. When, from any local cause, it chances to occur occasionally, it is known simply as indigestion, and, after a time, either with or without medicine, the disease and pain disappear; but when the functions of the stomach have become impaired so as to continue the ailment of other parts, it comes under the head of dyspepsia, which will require a considerable amount of care and medical skill to combat and remedy. When well, few ever take notice of the fact that there is such a thing as a stomach; occasionally, when suffering from hunger, they may remember the fact. When I say, take notice, I mean sufficient notice to think about the matter closely. The reason of this is that the process of digestion goes along so smoothly and quietly as to be entirely unfelt or unrecognized. In such a state of things the food taken into the abdomen is acted upon by the gastric juice properly and naturally, converting it by means of its auxiliaries into all those parts of blood and water which are necessary to feed and keep in a proper state the flame of life. When, however, excess of food, or that of an indigestible nature, is brought in contact with the gastric juice, instead of being dissolved into a natural homogeneous mass by the gastric fluid, it runs

into a state of fermentation, producing acid and wind, and giving rise to symptoms of indigestion; but when, on the other hand, the functions of the stomach become impaired so as to be incapable of acting upon proper food, then arises dyspepsia.

Now it will be unnecessary to dilate upon the first stage of the disease, as its cause is simple and its cure equally so; we will, therefore turn our attention entirely to the more serious one. First of all we will examine and explain the symptoms. The patient, then, first of all begins to find his usual pursuits irksome and laborious; he is constantly suffering from indigestion which formerly he had easily been enabled to mitigate; he has now but a poor and vitiated appetite; he is not so strong as he used to be, and he feels he is getting into a serious state. The slightest exercise occasions fatigue, and causes profuse perspiration; his tongue is coated on the posterior part and on its center with a brownish fur; his bowels are either costive or relaxed; the pulse is slow and small, and although it is sometimes hard, his countenance is more pallid than usual; the eyes appear swollen, and the white of the eyes becomes injected with yellow streaks. In some cases heart-burn and oppression are experienced after meals, but in others the patient only complains of languor and extreme listlessness. Sometimes a sense of constriction is felt about

the fauces, and a difficulty in swallowing may be experienced, as if the œsophagus presented some mechanical obstruction to the passage of food; dizziness, unusual drowsiness, pains in the head, ringing in the ears, a disagreeable taste in the mouth, an altered state of the salivary secretion, —being sometimes limpid, at others thick and ropy,—palpitation, and a sense of faintness are symptoms which in a greater or less degree affect the dyspeptic. His hands are sometimes hot, at others cold; when hot they are dry; when cold, damp and clammy; his sleep is disturbed and broken, not only by distressing dreams, but by restlessness and wakefulness. When morning comes he awakes unrefreshed and is unwilling to get up, weak, with pains in the back and a dull pain over his eyes; his limbs ache; the muscles of the trunk are even sore to the touch; and even a change in his position in bed is attended with uneasiness. Every change in the atmosphere is felt as a serious evil; if it grow cold, he cowers over the fire and grumbles at the constant variability of the climate; if it becomes hot, he becomes oppressed with heat; his breath becomes short and he perspires freely; his bowels become more and more intractable; his usual doses cease to be attended with any effect; he gradually increases the dose until a diarrhœa is established, which in turn gives way to still more obstinate costiveness. He thinks, if he

could only get a medicine which would keep his bowels in a proper state, he would be convalescent, therefore he tries all kinds of advertised remedies, perhaps gaining temporary relief, then sinks back into a more intractable state. For here lies the difficulty: his bowels have become so deranged that it is not easy to graduate a stimulant which will just correspond with the varying state of the organs; his spirits now become depressed; he ceases to battle with the enemy, and, while suffering much, fancies a thousand times more. Wandering pains are felt in the bowels and side, a tenderness in the epigastrium is experienced, the abdomen is swollen out, a cough comes on and expectoration is difficult. The mind now becomes greatly oppressed; some dreadful cloud or misfortune seems impending, or some real trifle is magnified into a terrific form, and attended with such disasters as overwhelm the patient's mind. If he be assailed by any other disease, he immediately believes it fatal, and grieves over his untimely death as though he were on his death-bed; he fancies that he is diseased in the heart, that he has cancer, or that he has some pulmonary complaint. When the patient is beyond the age of forty-five there is usually a greater defect of sight, when the functions of the stomach are disordered, than at any other period. The urine becomes also changed and disturbed, being high-colored

or turbid, leaving more or less of sediment generally it is scanty rather than otherwise, and passed with difficulty; sometimes, however, it is passed in great quantities and limpid as water. The skin and its functions are very much affected; it is either dry and constricted or perspirable with feelings of cold. The skin becomes very much altered, changing in an eminent degree the complexions of both male and female; thus showing the intimate connection and extreme sympathy between the external surface of the body, and the stomach, liver, and alimentary canal; thus, we often find liver affections have made their way through the cutaneous surface.

One of the most striking phenomena of dyspepsia is the loss of flesh and muscle. This emaciation, of course, arises from a deficient supply of nutriment. The loss of strength, is however, out of all proportion to the loss of flesh. This is one of the characteristic features of the disease, and arises much more from irritation in the bowels and stomach than in disorder of the liver. In fine, it is rather a sense of debility than debility itself. The slightest exertion will cause such a feeling of weakness as will depress the patient's spirits, and yet an hour afterwards he may walk a mile or two without any trouble. This is a point which should carefully be inquired into when questioning the patient,

for in this case the trouble is irritation rather than debility. The patient will of course be weak, but this debility is uniform and proportioned to the decrease of muscular fibre; whereas, in the other case, the debility now under consideration is out of all proportion to the emaciation, and is always at its height when there is food in the stomach or bad secretions in the intestines. The distinction between sympathetic debility and actual is worthy of notice, as the treatment must be different; for when it is of a sympathetic nature wine tonics and rich food exasperate rather than soothe the state of existing things.

Having now looked at the symptoms, it is evident to every one that they are too serious to allow of their being endured for any length of time without bringing on other and more dreadful complaints and accidents. The number of these is legion. Among others we may mention melancholia, hypochondria, disease of the brain, disease of the kidneys and liver, and too often death by suicide; the last-mentioned calamity too often arising from patients endeavoring to obviate the disagreeables they feel by having injudicious recourse to bitters. The terrible exasperation of irritability which succeeds when the first effects of stimulation are over produce the greatest mental depression and misery. When there is simply a want of tone in the stomach,

bitters, if used with care and moderation, are serviceable; but too often they increase in an incalculable degree the symptoms they were intended to cure. The patient can, however, eminently assist his physician by paying particular attention to diet, drink, and exercise. In such cases it is useless trying to bring the stomach back to a proper state of health at once; it must be brought up step by step in almost imperceptible degrees.

Dyspepsia has by some medical men been asserted to be found most commonly in middle-aged and old men. Too often, however, we find persons of comparatively youthful frames suffering from all its complications. It, therefore, remains for us to inquire into the cause of this great cause of divers ailments. These of course are various. A naturally weakly constitution may first show signs of failing in the organs of digestion; a sedentary life, where neither fresh air nor exercise is taken, will often bring it on; late hours, late dinners and suppers, highly seasoned meats and sauces, the immoderate use of bitters, continued gluttony, the constant recourse to purgatives and other medicines when not required, and, most frequent cause of all, masturbation. Indeed, in this last case, if you refer to my lecture on the effects of this detestable practice, you will find what a similarity exists between the symptoms of dyspepsia and the effects

of masturbation. In fact, they are combined in an inseparable degree; thus showing the close connection existing between the functions of the organs of generation and those of nutrition, and proving how the wasting of that matter which is prepared by the ageney of the stomach, reacts upon the nutritious process and functions. In like manner, the early symptoms of insanity resemble many of those of dyspepsia, and most of those of masturbation; again proving how impossible it is for one part of the frame to suffer without causing debility and decay, more or less, upon all other organs from natural sympathy.

Now, in treating dyspepsia, as in all other diseases, it is very requisite that the medical man should find out the origin of the complaint. Thus, one man may have all the dyspeptic signs which have arisen from sedentary habits, impure air, and perhaps unwholesome diet. Here, then, the derangement arises from a want of supply of necessary constituents to carry on the great work of digestion. The gastric juice does not receive its share of assistance, and becomes torpid. Again, the man who has lived high and had recourse to immoderate stimulants, has irritated and inflamed those internal agents until they are unable to bear the strain upon them. But the unfortunate Onanist has done more than either; he has drawn upon these creating

agents, and as fast as they have supplied him, he has wasted the most valuable and costly composition of the human frame. The demand has surpassed the supply. Each time the functions become more and more tardy, and at length he pays the penalty of his folly in the sufferings of dyspepsia; sufferings much intensified—for all and every part of the frame has been abused, and each in its own class of evils heaps vengeance on his unfortunate head.

Another most worthy point in connection with our subject is the intimate connection between the mind and the stomach. Thus, we find moral causes very much influence it, such as excessive grief, anxiety about affairs, care, disappointment, intense thought; all these, joined to want of exercise or impure air, are apt to produce the complaint of which we now treat. Again; great sympathy exists between the bowels and the skin; thus we find those living in crowded cities are apt to have their biliary secretions deranged by change of atmosphere, while the impure air loaded with exhalations from everything in the animal, vegetable, and mineral kingdoms, is swallowed or kept in contact with the skin; the effects of which are sallow complexions, capricious appetites, and imperfect digestion. This state of things is still further aggravated by the recourse which is had for its relief to high-seasoned dishes and stimulating

drinks. How necessary, then, is it for all sensible men to pay attention to my observations upon this disease! and how melancholy it is to see on all sides such remarkable carelessness upon so important a subject! As civilization has increased, so has, also, the host of moral and physical causes of disease,—those causes that are constantly in operation, and which, from their very nature, keep down the powers of digestion below the real standard of robust health; and yet in the quantity and quality of the food we usually select, we invariably choose that which would tend to impair these organs even if they were in a state of the most perfect integrity.

As an example of the painful nature of the dyspeptic diseases, and in exemplification of the necessity of a correct diagnosis as to the cause, I will briefly give you the following case which came under my treatment. This case, No. 445, was a young man of twenty-eight. He was, as any one could see, in a very critical state. His debility was very great; the muscles of the trunk of his body were sore even to the touch. The depression of his spirits was such that they verged on melancholic madness. His vision was impaired, and he was troubled with a painful cough, while he suffered from pains of a violent nature. His sleep was so broken by horrid dreams that, as he himself said, he never looked

forward to the evening but as to a period of terror and torment. His eyes were yellow and irritated, and his skin was damp and clammy. He had already undergone a lengthened treatment for dyspepsia, during which he had been tried with calomel, carbonate of soda, rhubarb bitters, and a host of other of the usual remedies, while he had been dieted most strictly for some time. I inquired the cause of his illness, and was told that it arose from a sedentary life and hard mental application. By taking a careful scrutiny into his feelings, symptoms, and examining carefully his very appearance, I came immediately to the conclusion that this was a case originating in masturbation. On subsequent examination I found I was correct. Indeed, the patient, finding that disguise with me was worse than useless, acknowledged having given way formerly to the habit. By treating him first for spermatorrhœa, then, by raising the general system, I was finally enabled to get at disorders of the stomach, which, now that their cause was removed, began to give way to my treatment, and the patient, much to the surprise of others, recovered a perfect state of health.

I could quote many similar cases which have occurred in my practice. Indeed, did the general public outside know or appreciate the number, variety, and severity of diseases which constantly come under the practitioner's notice,—

diseases which are entirely of the patient's own contrivance,—they would be apt to exclaim with the bard, "*Quantum stultitiæ est in mundo.*"

In conclusion, I would beg of my hearers to listen to the voice of warning,—a warning and advice which, if followed, will preserve them from such difficulties and disagreeables as none but he who has suffered them can appreciate. If, as I have before said, you will only study and then obey the laws of nature, of the system, and of hygiene, you may preserve your health, strength, and energy even up to old age. It is not enough that you abstain from the more palpable and dangerous forms of self-abuse; you must ever pay attention to cleanliness, dress, diet, exercise, and relaxation. Do this, and you will be able to laugh at the terrors of hypochondria, and all those of dyspepsia will be powerless to assail you. And I would especially impress upon the young the close relation between mind and body. Where the one becomes impaired, the other must suffer; therefore the best path to success through life is that which can be trodden alone by sound and robust health. Would that this might be engraven on every heart! And with this wish I now conclude.

61 Hancock St., Boston, Mass.

LECTURE ON DIABETES.

GENTLEMEN: The subject which we have under our consideration this evening is one which demands great attention, not only from professional men, but also from the public generally; for when we take into consideration the causes which superinduce them, their painful nature, and their general frequency, it becomes a duty to throw all the light we can upon them. The subject then is Diabetes and other urinary complaints. In a former lecture upon the effects of masturbation I mentioned a number of urinary complaints which invariably followed the detestable practice; amongst others strangury and dysuria. We will, therefore, this evening examine into and analyze these disorders; for the more man's knowledge is increased on physiological matters, the more care will he take to preserve a machine which is so complicated; and as the painful results which must overtake the careless or sensual abuser of nature's laws are placed before his eyes, it will tend to warn him from those pitfalls which, through ignorance, he is liable to fall into.

With these prefactory remarks, we will at once enter upon the first of our subjects, namely,

Diabetes. This disease, then, is usually found in the aged, though it may occasionally be met with in young persons. Medical men differ respecting the cause; experience, however, teaches me, and eminent authorities support me in my opinion, that the predisposing and exciting causes are chiefly such as produce derangement of the digestive organs and debiliate the general system,—as the abuse of spirituous liquors, cold applied to the body, immoderate evacuations, unwholesome diet, and the extensive use of mercury; whilst not unfrequently it follows long-continued self-abuse, adding another to the many punishments which attend this detestable practice. The disease itself is accompanied with a considerable discharge of urine, for the most part excessive in quantity, of a violent smell, sweet taste, attended with great thirst and general symptoms of debility. It often makes its first advances insidiously, the patient being affected for weeks without his being aware of its presence. Patients affected have usually voracious appetites, insatiable thirst, a dry, harsh skin, a clammy tongue, a sense of weight about the loins, and frequently their bodies emit a hay-like odor. The kidneys discharge a limpid fluid, tinged with green, like a mixture of honey and water, and possessing a sweet taste, more or less observable; the pulse beats quicker, the flesh wastes rapidly, and in an advanced stage of the illness

the feet and legs swell, and the skin becomes cold and damp; a troublesome costiveness frequently attends, and sometimes an affection of the lungs. The quantity of urine voided is immense, and I have seen cases where as much as twelve quarts of urine have been evacuated in twenty-four hours.

The immediate cause of diabetes may, in short, be set down to the morbid action of the stomach and the other digestive organs. Its distinguishing feature is the presence of sugar in the urine. The disease itself arises from a deficiency of animal salts in the urine. If, therefore, we wish to cope successfully with the disease and effect a cure, we must stop the original cause, if it still continues, and then proceed to give back to the patient those human ingredients which he lacks. This may be effected, in whole or in part, by dieting the patient on light, easily digested animal food, to the almost total exclusion of every kind of vegetable matter, together with the use of tonic, astringent, and narcotic medicines. Where the patient has been a man of dissolute habits, especially where he has indulged in venery, or, worse still, self-abuse, the disease is always apt to be worse, not only in itself, but it is apt to be complicated with other diseases of a painful nature, which very much diminish the chances of cure. As we have several other urinary diseases to take notice of, we cannot

afford time sufficient to expatiate more fully upon the diabetic disease.

The next evil we come to, in connection with our subject, is the loss of blood during the making of water. This may be occasioned by external violence, as blows or bruises, or the consequence of very violent exercise, or the result of irritation of the bladder, and it may and constantly does arise from excessive self-abuse. Sometimes the flow of blood is so great as to cause an alarming debility. If we find the disease arises from sudden violence, notwithstanding the serious nature of the blow, we yet find much more facility in obtaining a cure, than where the patient has gradually fallen into it from excessive self-indulgence. In the treatment of the disease we are of course to guide ourselves by the cause. When occasioned by external injury or violence, the inflammation must be decreased by mild purgatives and diluent liquors. When the result of abuse, the cause must be at once ended, and those parts which have fallen into debility and decay must be again, if possible, built up and renovated. As this malady diminishes, the patient is apt to fall into another affection, which is called incontinence of urine.

This disease may arise from various causes. In very old people, whose organs have become relaxed from excessive old age, we naturally find

it in a greater or lesser degree; and, of course, arising from the natural weakness of senility, is not easily prevented or cured. Where, however, it arises from abuse of acidulous mineral waters, hysterical and epileptic paroxyms, or injuries of the head or comatose diseases, the case is far different. When induced by palsy, the disease cannot be removed, though some relief may be given the patient. And here, again, where the disease arises from sensuality, we find trouble in arresting it, for it then takes the nature of senile weakness. The old man yields to it through weakness of his organs, or weakness produced by length of years. The young Onanist is affected by it from the same weakness of the parts, but a weakness and decay brought on prematurely by excessive indulgence and abuse. It sometimes arises from stone in the bladder. Where such is the case, the stone must be removed. In scirrhus of the gland, the cure is very difficult,—some medical writers affirm it to be impossible; but in my own experience, where the originating cause has received its proper attention from the physician, and where the patient himself has sought advice early and followed it closely, a cure has certainly been effected from incontinence of urine.

We will now turn to the opposite disease, which is opposite to it in name and nature; this is called retention of urine. There are two

different states of the disease, in which the urine is not passed properly—that wherein the kidneys do not secrete it, or where, after secretion and conveying it into the bladder, it is not discharged from that cavity. It is this last affection which is denominated retention of urine. The distinguishing symptom is a swelling at the lower part of the belly, occasioned by the distended bladder, and this accompanied with pain or pressure and lack of urine either partial or total. By examination of the abdomen and the introduction of the catheter, the true state of things may easily be ascertained. It is of considerable importance that every one should pass water whenever he feels a desire to do so. As some persons fall into the habit of retaining it longer than nature intended, the result of their careless inattention to the requirements of nature often ends in what is called palsy of the bladder, and they then, when too late, find out the folly of their habitual disregard of the laws which govern the system. Retention sometimes originates in the more virulent forms of typhus fever. Again, it sometimes comes on from extreme debility, which hinders the patient from completely emptying the bladder, so that he still feels a desire to do so; this inconvenience increases until at length the patient becomes entirely incapable of discharging it at all; the bladder then becomes distended and rises above

the pubes. This form of the disease is most common amongst those who have abused themselves by masturbation. The terrible strain upon the organs has so weakened them that they cease to be able to fulfill their proper functions; and when we take into consideration the extreme delicacy of these parts, and the strain upon them in the wear and tear of natural life, it becomes a matter of wonder, not that they break down under the double pressure and work which they have to undergo, but that they are able to continue to discharge their proper functions as long as they do. When the organs are in a sound state, that is, uninjured by gross indulgence, the introduction of the catheter and the relief of the bladder will frequently be all that is required to cure the disease; but, in the other case, nothing but great experience and a long course of medical attention will enable the patient to recover what he has sacrificed to the grossest passions. Could men generally see the results of sensuality as the professional man sees them, and could they, with his knowledge, understand the nature, cause, and effect of the ills that flesh is heir to, and fully appreciate the delicate organization and regular functions of each vital agent, how they would start back from the commission of such acts of folly as may inflict upon themselves years of suffering and uneasiness! And yet it is this very knowledge which must be

given to them; not that professional knowledge which years of careful study and experience alone give the doctor; but that general and easily acquired knowledge which may teach man the wonders of his own existence, and that code of laws which governs the wonderful mechanism, and which, like that of Draco, may be said to be written in blood.

To return to our subject. We next find strangury to be one of those evils which are too common among men. Strangury, then, is a constant desire to make water; which, when made, is attended with great difficulty and intense pain. Like all other complaints, its causes are various. It may arise from inflammation of the urethra, of the bladder, or of other neighboring parts, from internal use of cantharides, excess in drinking spirituous liquors, or from gravel in the passage. It is also sometimes a symptom of gout; but it is most generally of all caused by the weakening of the genital functions from that terrible self-abuse, the results and effects of which obtrude upon us at every pathological step we take. The application of a blister, in connection with cantharides, will sometimes bring it about, in which case the patient is soon recovered by drinking plentifully of diluent liquors. Here, as in every other class of disease, its continuance and gravity will mainly depend upon the originating cause, and

with this the physician must acquaint himself. Thus, if the strangury arises from inflammation, cooling purgatives and fomentations will often bring things to a proper status; if, however, from spasm, opiates must be resorted to; but where it arises from self-pollution, the case becomes graver. The disease in this case has not originated in an inflammation or spasm, which at once may be allayed or rectified; but it has arisen from the feebleness of those vital functions which are necessary to carry on the works of nature. Here, then, we have to build them up, to bring them back to their proper vigor. We have to work on agents which are weak and debilitated, and we have first to raise them up to a certain vitality before we can begin our work of cure. Such cases must needs be more protracted than others. In practice we meet with them so constantly that one would think their frequency would act as a check and restraint, in fact a warning, to others to beware of the results of bad habits. Unfortunately, however, youth, under the present system of restricting physiological knowledge, is not aware of the miseries which they are inflicting on themselves; and therefore it becomes the duty of those who, by profession are experienced, are enabled to appreciate the extent of the injuries so arising, to warn the unprofessional public, and

by warning and advice lessen the terrible evils which are increasing in our midst.

The next affection I would call attention to is Dysuria. This is a pain, or difficulty in making water, and, like all others, arises from various causes, which require different modes of treatment. Sometimes it arises in inflammation of the urethra, or neck of the bladder; sometimes from spasm, in which case we must use antispasmodic treatment. If from stone in the bladder, it cannot be cured until the stone be removed. And again, it often arises from the debilitating nature of self-pollution; in which case, as in the former one, and for the same reasons, the cure will be retarded until the system is in part restored to a proper state of vitality. In some cases the pain is more severe than others, being sometimes so intense as to cause the patient even to shriek with agony.

As many of the urinary complaints owe their origin to inflammation of the kidneys or bladder, we will now turn our attention to those serious complications. Inflammation of the kidneys is marked by uneasiness, a dull pain about the loins, and sometimes stupor; the urine becomes of a reddish color, often bloody, and is voided frequently in small quantities; the disease is attended with vomiting, costiveness, difficulty of breathing, and coldness in the extremities. The markworthy point in the

result of this disease is that, if it attack severely a person of broken-down constitution, it most commonly gives rise to dropsy, either externally, or of the abdomen, and, in such case of feeble vitality, it often terminates fatally in apoplexy. This disease may be induced by cold, by the use of powerful diuretics, by excessive drink, by contusions, and sprains, and gravel; but one thing must not be lost sight of, and that is, that in most cases the kidneys are in a diseased state from some other cause, and it is that which makes them liable to inflammation. In its treatment, the disease requires prompt and early attention; for, if neglected or mismanaged, an irremediable disorganization of the kidneys ensues, which finally terminates in death; while, again, much will depend upon the patient's constitution, and the medical man must guide himself by this, as the remedies to be employed in the case of strong, robust, and weak debilitated systems, are very different. And here again do we find remarkably exemplified my remarks about the necessity for obedience to nature's laws. If the patient has been a man who has respected his health and strength, and has never given way to abuses of any kind, but has carefully preserved and cherished those qualities of body and mind which Providence blessed him with, now, in the hour of sickness, when disease has thrown him down, when his energies have

become torpid from the exhaustion of the malady, and when death seems ready to seize upon its prey,—then it is that unabused nature arises in its majesty to grapple with the stern king of terrors; then it is that he reaps the full benefit of his temperance and self-control, and the physician has the satisfaction of seeing his own efforts warmly seconded and supported by that greatest of all recuperators, Nature. How different is his case who has run the round of guilty pleasures, sapping his health and wasting his energies! Now he falls upon the bed of sickness, and looks with imploring eye upon that medical science whose warnings and exhortations he has so often despised; but, alas! it is now too late. In vain the physician tries to rally the exhausted frame. Nature, too long abused, lies torpid, unable to make even one vigorous effort at restoration, and so follows dropsy, or apoplexy, and death. The world sets down another victim to disease, but truth records another victim to sensuality and self-abuse.

From inflammation of the kidneys we will now turn to inflammation of the bladder: this is indicated by a sense of tension and pain in the situation of that organ; there is a frequent desire, and considerable difficulty in discharging the urine, often an entire suppression, with frequent ineffectual efforts to evacuate the bowels,

occasioned by the irritation extending to the rectum. These symptoms are attended with fever, sickness, and vomiting; great anxiety and restlessness, sometimes delirium, and clammy perspirations ensue. The lining membrane of the bladder is likewise occasionally affected with a chronic inflammation. In such a case, there is a dull, uneasy sensation, frequent desire to pass urine, which is generally thick from being loaded with mucus, sometimes bloody; or, if ulceration has set in, it is mixed with matter; the coats of the bladder often, when affected with chronic inflammation, thickened, indurated, and otherwise disorganized, giving to the patient great uneasiness referable to these parts, and causing a constant inclination to urinate, or a total suppression of it. Here, again, the medical adviser must carefully consult the patient's constitution; he must be careful to work with nature at every step and stage of the disease. The causes which lead to this illness are of course varied. Unlimited sexual indulgence, whether natural or artificial, but more especially the latter, will often bring on this train of symptoms. The disease is itself generally amenable to medical art. If, however, not carefully treated, it may be apt to return, in which case danger is incurred, as the constant repetition of inflammation of the bladder is

likely to superinduce a long train of evils which may be incurable.

Having, in the course of my remarks, touched several times upon stone and gravel, it may be as well, whilst on this subject, to give them some share of attention. Urine, then, is in a state of health one of the most compound fluids which there is; it consists of various acids, alkalies, calcareous earth, and other materials. It is natural, therefore, that when exposed, as man constantly is, to deteriorating influence, a change should often occur in the urine, and the natural affinity between these various elements which compose it, be subverted and give rise to a deposition of one or other of them. When this occurs it produces the complaint called gravel. The markworthy feature in gravel is that there are two kinds, one red, and the other white, and, as they proceed from different causes, they require a different mode of treatment.

Red gravel disease is highly inflammatory. In the white gravel the symptoms are more distressing and give rise to great irritability of the system and derangement of the digestive organs generally; the face becomes sallow and haggard, and, as the disease spreads, symptoms analogous to those of diabetes begin to appear, such as languor and depression of spirits. The predisposing causes of gravel are hereditary tendency, general indolence, or a sedentary life, and

excessive indulgence in fermented liquors. The chief cause, however, is in a want of constitutional vigor. A cold and variable climate often becomes a cause of this complaint.

Stone, or calculi in the bladder, is a much more serious complaint. They differ much in form, size, and color. The symptoms attendant are a sort of itching along the urethra, particularly at the end of the glands, frequent propensities to make water, pain in voiding the urine. But as all these symptoms are to be met with in other diseases, the careful surgeon will not decide there is a stone in the bladder until with a sound—a polished steel rod—introduced through the urethra he has actually felt it. This disease, though a serious one, yields to skillful treatment. When, however, it obstinately refuses to be cured, but one measure remains, and that is by extraction. The operation is, however, a dangerous one. The size of the stone is sometimes very large.

Time will not allow of our protracting our subject any further. Enough has been shown to convince the most careless observer that we in a great measure hold our life and health and strength in our own hands, if we obey the dictates of reason,—that reason which was given to enable man to shun things hurtful and improper. If we obey the great laws of nature, and neither abuse our strength by actual abuse

or neglect, then shall we enjoy a state of comfort and happiness that will make our life here below pleasant and comfortable; and then, when dark clouds of disease and sickness throw themselves upon the frail bark of life, the guiding hand of nature, aided by medical science will pilot the bark over the wild, tumultuous waves to a harbor of recovery and health.

61 Hancock Street, Boston, Mass.

LECTURE ON INSANITY.

GENTLEMEN: I have the honor to inform you that Dr. Jourdain's lecture on madness will be read this evening. As delivered by him in England and Paris, of course there are many technicalities and long scientific observations which will not be intelligible to the unprofessional public; therefore Dr. Jourdain has simplified and abbreviated much which otherwise might have seemed unintelligible to the present audience.

Gentlemen, our subject is madness. Now, what is this frightful calamity which assails the human frame, and whence it comes? If we

look back into past history, we find that the disease, as a whole, is by no means modern. Thus, the greatest of ancient times, and many others, suffered under its partial or concentrated influence; but if we turn from the past to the present,—that present with which every medical man is, or ought to be, more interested than the past,—then we find (even allowing for multiplicity of inhabitants) the disease frightfully increased; and what is the reason of this increase? Some have declared that, as civilization advanced, the strain upon the brain increased, and also the weakening effect upon it from over-indulgence; others, that as families married and intermarried, the blood became degenerated, whence proceeded madness. But, alas! however satisfactory to some superficial medical observers this diagnosis or theory might appear, we ourselves require far more tangible reasons, and, in looking for them, in practice have found sufficient to confirm the assertions of some medical writers, and to refute the works of others.

The brain of man is that portion of him which, by its delicate organization, its superior powers, and its extra nervous force, lords it over the rest of the body, and exalts the creature to a nearer resemblance to its Divine Creator. The brain itself is an agglomeration of delicate cells in intimate connection with minute tubes or filaments, which communicate impressions made

upon the cells at one end, to those which lie on the other. The mass may be generally called the nerve apparatus. But it may be asked for what purpose is this apparatus? Its purpose is the perception of sensations of all kinds, the power of comparing these sensations, the power of combining them so as to form fresh imaginations, and the power of feeling emotions and propensities. The activity of the vesicular nervine is the occasion of all these capabilities. These little cells of the brain are what is called the mind, the agents of our sensations, and thoughts, and desires. The gray substance of the human brain contains millions of vesicles lying in a semi-fluid, granulated substance, and bound together by a minute network of blood-vessels, and fine areola tissue. Now, the mark-worthy points in the relative position of the brain-cell are, first, its proximity to the nerve-tube from which and to which it conveys impressions, the taking of which causes its exhaustion. Second, its proximity to the blood capillary, which exudes a plasma in which the cell is bathed and renovated, and from which new cells are formed to replace those which are finally exhausted; so long as the brain is acted upon by the rest of the body regularly and properly, so long will the brain-cells be renovated by a natural arrangement; but when excessively stimulated, the renovating power is not sufficient

to keep pace with the exhaustion, and so diseases of the brain are engendered.

In speaking of the brain, so far we have merely touched upon the brain proper, or convolutions of the cerebrum. The cerebellum and central masses of gray matter are surbservient to motion alone, or by impressions upon the nerves of sensation; whilst the medullary substance of the brain is merely a conducting medium. From this we find that disease may exist in these without necessarily destroying the mind. Sensation may be affected, but judgment may be left intact.

Having shown the delicate construction of the mind, and its close connection with every vital part, it must evidently be apt to be injured and impaired; and yet its renovating powers are such, that in reality it is, unless very much abused, almost more powerful than any other part. When from any cause it does become injured, then madness, of course, occurs, and it becomes the medical man's duty to discover the cause, remove it if possible, and then assist nature in renovating the parts injured. The most difficult, or rather that which the greater part of the medical faculty think the most difficult, is in the discovery of the cause and its removal. Those, however, who have, like myself, made a specialty of the diseases arising from solitary or sexual abuse, and have a large

experience in such matters, seldom find much difficulty in finding and pointing out one of the greatest causes; and I am happy to say that the fact is now becoming generally recognized. However, we find the talented and learned medical keeper of the Asylum of Devonshire, and editor of the "Journal of Medical Science," in his otherwise excellent work on madness, gives the following table of causes of madness. He divides them under two heads, namely, physical and moral; a division which must be open to objection as they are so intimately connected as often hardly to allow of definition and separation. Mr. Parcleappe has also, I see, done the same thing.

Dr. Tuke says, from his experience, the physical causes of madness bear this proportion to each other:—

Physical Causes.		*Moral Causes.*	
Epilepsy,	68	Disappointed affections,	53
Intemperance,	164	Domestic troubles,	241
Vice,	40	Grief,	88
Injuries to head,	4	Religious excitement,	56
Disease of the brain,	14	Political excitement,	34
Other diseases,	18	Wounded feelings,	84
Uterine,	46	Fright,	48
Old age,	8	Over study,	8
Mercury,	3		
	364		612

Now here, at once, without any explanation, we see at a glance that the table, as to the cause, is a very imperfect one. The actual leading

cause is given, but the original and primary one is lost sight of. I will, therefore, give you the result of my own experience and enquiries; and I can point to eminent authorities who have not only agreed with me fully, but have even quoted from my own published report. At the Asylum of St. Gore, the cases ran similar to that of the Devonshire above quoted.

Although the numbers were larger, the causes bore the same relative proportions to each other. But on close inquiry I found that in addition to the large number who were lunatic from actual self-abuse, upwards of one-third of the epileptic cases had originated in masturbation. Nearly one-half the intemperate, the same; disappointed affection, two-fifths; religious excitement, very nearly three-fourths; wounded feelings, two-thirds; and of over-study I found every individual of these had weakened his brain by vicious indulgence.

How absurd is it to argue for an instant that that godlike brain which is naturally so active, so powerful, so indefatigable, should be broken down by the griefs, trials, and cares, which are of every-day occurrence! If we acknowledge these to be actual causes, why do not thousands more of our fellow-creatures break down and retire to the asylum when grief, trouble, love, excitement, or wounded feelings overtake them? No, gentlemen; the brain has suffered either

from hereditary taint, injury, disease, or, most prolific cause of all, masturbation; then, when overtaken with the usual trials of life, it has no power to meet them.

To return to my report on St. Gore: by carefully following up my inquiries, I found that whereas only about one-tenth of the patients were the actual victims of self-abuse, upwards of one-half of the whole number owed their insanity, originally, to this fearful practice. On the authority of the Thirteenth Report (Victoria, Australia), we find one hundred and forty-five cases are set down as the direct result of masturbation. It goes on to say, this secret vice produces the very worst form of insanity; because after insanity has supervened the crime is continued, and hence the energies are more prostrated. Again, we find that out of two hundred and seventy-one males and twenty-nine female patients from this detestable practice, upwards of one hundred and ninety-seven males are hopelessly incurable. In all the reports on lunacy that have come under my notice, and in all my large experience, I have never heard or seen where a medical man has lost his reason from this cause; thus proving that a physiological knowledge will always act as a check and a restraint.

We will now turn from the causes of insanity to an examination of its different forms. Be-

fore doing so, however, I think it cannot but be interesting to cite a case in point, showing where madness had been set down to the wrong cause, and the impossibility of cure while such is the case. The case was one in Dr. Burnet's private asylum. The patient, a man of about twenty-six, had been of a studious mind, and, after being at Oxford, was sent home, study being injurious to his health. His faculties soon became impaired, and he was placed in Dr. B.'s hands. So far from becoming better, he seemed fast sinking into a hopeless state, when his parents, who were wealthy, determined to get other advice; and several eminent medical men consulted on the case, apparently without coming to any definite result. At this period, the father happened to come upon one of my published lectures upon emotional insanity, and I was forthwith invited to join in consultation. I found that all my confrères accepted as an established fact that the disease was the result of an overtaxed brain. I, however, would only accept it as an effect, and, after a careful examination, proved not only to my satisfaction, but, what was better still, to the satisfaction of my colleagues, that this was the result of Onanism. The patient was forthwith placed under my charge, and by changing the treatment and exercising a strict surveillance over him, he was

restored to sanity, and as far as I know, has never relapsed.

The various forms of insanity have been differently classified by different authors. Amongst these, Dr. Arnold has given an elaborate table of distinctions. But my own experience shows that he has rather specified the different results arising from forms of insanity than the actual symptoms themselves.

Dr. Tuke's classification comes nearest to my own views upon the subject; but he again afterwards fails in classifying the original causes. His table runs thus: Class 1. The intellect,—forms of insanity, idiocy, imbecility, dementia, and monomania. As the disease increases, delusions, illusions, and hallucinations. Class 2. Arise from moral sentiments,—moral idiocy, moral imbecility, moral insanity, melancholia; further developments, religious, hypochondriacal, nostalgic. Class 3. Affect the sentiments, and come under the head of mania, which may be subdivided again into six different kinds, such as homicidal, suicidal, excessive love of drink, etc.

As my hearers may not be able to distinguish between these different forms, I will briefly define them. Idiocy proper is that form of madness where every appearance of thought and understanding is entirely blotted out; imbecility implies a childness; dementia is marked by the abolition, more or less marked, of all the senses,

intellect, and will; moral imbecility is that imbecility arising from moral causes, chiefly masturbation, or intemperance; moral insanity is a more active and ardent form of the former; whilst melancholia is a state of utter hopelessness and constant fear, chiefly arising from self-abuse, or else the result of incipient madness; mania is the most ardent state, and takes the form of murder, violence and outrage. Time and space will not allow us to go into minute details. I must therefore confine myself more particularly to the principal cause and causes of insanity, —that first link in the chain which has not sufficiently been inquired into by the general faculty. Thus we find the great Dr. Connally, in describing cases of melancholia, says their chief propensities are indolence and indifference; they exclaim, "Once I was industrious, now I am worthless; the world is changed; it does not seem as it used to; all good has gone out of me." Young men and women thus affected cease to be interested in anything; they are averse to going into society, they shun everybody; one propensity alone remains, that is, self-destruction. Long afterwards, the same writer acknowledged that these symptoms were inseparable from long-continued self-abuse. At that time he ignored it. We have before said that whilst there are forms of madness the actual result of self-abuse, there are others which have

arisen from other causes, themselves originating in masturbation. Thus Esquival classes some of these, though unwittingly, under the head of reasoning monomania. He says we distinguisl three periods in it. In the first, the disposition and habits are changed; memory fails, In the second, the affections are perverted. Third, a weakening of the faculties leads the monomaniac to dementia. Of the numbers of cases of reasoning (so called) dementia, which have come under my own practice, I have met with but three who had not been reduced to their state by self-pollution.

A very interesting case occurred, where the symptoms baffled several highly esteemed physicians, entirely owing to their having preferred the old beaten path of practice on insanity, instead of studying moral and physical causes for themselves. A gentleman holding a high position in England, possessed of wealth, and married to an excellent wife, had gradually fallen into a state of absorbing melancholy; which, although causing pain and uneasiness to his family, was not supposed to be serious, and was thought to arise from care. After a while, however, he evidently grew worse, spent restless nights, frequently talked to himself, shed tears, and evinced a perfect indifference to his wife and children. Medical advice was called in, and, after some consultations, it was decided that his

was a simple case of melancholia. Under the treatment he received, a slight alteration for the better took place. He then relapsed into a state of delusory insanity,—imagined himself dead, his wife married to somebody else, and he, in spirit, compelled to witness her connubial enjoyments. The case becoming more serious, other advice was called in, the affectionate wife refusing to allow him to be taken to the asylum. Notwithstanding every effort, the patient was evidently becoming worse,—in fact, lapsing into a stage of mania which might be dangerous to life. At this stage of the disease I was admitted to consultation, and immediately recognized the primary incentive. Still not one of my confreres seemed able to decide. In fact, they had busied themselves more about the symptoms than the cause; thus rather lopping off the branches than striking at the root of the disease. The three causes, however, which seemed to find most favor with my colleague, were over-mental exertion, intemperance, or the effects of severe illness. I immediately sought an interview with the patient, and, although careful to avoid all appearance of medical interference, I could see, by his shrewdness and suspicion, that his faculties were rather unduly excited than impaired; and I soon found that the whole of his derangement lay in some exciting and depressing object upon his brain, resulting in some physical cause.

With some difficulty I got him to place himself under my care, and soon discovered, by examination, that the patient was impotent, his testicals being fearfully reduced. By the judicious use of baths and medicine, I succeeded in arresting the terrible mental excitement, and as this became sufficiently allayed to allow of kind and soothing conversations upon his state of health, I succeeded in calming the fearful despair which had assailed him: hope once more took the place of terrible gloom; his spirits began to rise; and the most affectionate letters began to pass between him and his wife. He seemed, as he himself afterwards described it, to have suddenly awoke from a fearful nightmare to the bright and brilliant light of broad day. Acting upon my advice he remained with me a few weeks longer, and then went back home physically and mentally well.

Now, this case was not the result of any wonderful improvement or discovery either in medicine or medical art. It was simply the result of experience in detecting and removing the true cause of disease; and this, gentlemen, is the Alpha and Omega of every curative system. In this case, had not the terrible results of self-abuse been a specialty of mine, I, too, would have failed, as the others did, in my diagnosis, and this unfortunate gentleman would now be in an asylum or his grave. How necessary is it,

then, for us, to instruct our medical students in a more comprehensive course of study than at present exists! How imperatively necessary is it for us, as exponents of medical science, to inquire into and discover and discriminate between cause and effect! Within the last few years a general examination into insane statistics shows a fearful increase of nearly twenty-five per cent., while the moral causes of insanity are more than double the physical. Some writers have set down much of this increase of moral insanity to the use of sensational writings, religious revivals, and the wear and tear of speculation; but if we accept these results, why has not the number of insane increased fifty per cent.? Why do so many read books, attend revivals, and push on a furious trade without injury to themselves? The reason is because their minds and brains are strong, unimpaired by that enervating influence which is sapping the mental faculties of so many. And what is the cause which is thus eating into our national intellect? That is the subject for medical attention, and until it receives the amount due its importance, the statistics will mount up, in spite of all the restoratives and alteratives of the most copious materia medica.

It is with considerable satisfaction that I read to you the following extract from a letter, written by the talented medical superintendent of the Insane Asylum at Havre:—

"Dear Sir,—A case of a painful nature came under my treatment some time since. The patient, a young man aged twenty-nine, was placed under my care, he having become insane through reading the French translation of the works of Doctor Cummings. Up to that period, though of a melancholy and absent frame of mind, he had never evinced any mental alienation. After this, however, he was seized with the most vigorous form of religious mania, fancying himself the subject of sacred prophecies, and the object of Satanic possession. My endeavors to soothe and relieve him were, however, useless, when having fortunately met with your lecture, entitled, 'Causes of Religious Insanity' (which at the time of my first reading I did not entirely agree with), I determined to adopt your own course of inquiry into the cause, and found that this was another of those melancholy cases which medical science has too often overlooked. The result was that,—thanks to your valuable advice,—I was enabled to restore his mind to its proper balance, and his body to that state of health which his own sensuality had nearly deprived him of."

I read this letter, especially as the author of it had, at the first appearance of my lectures on this subject, been not only very dubious of, but even very much opposed to, the reformation I sought to introduce.

There is another important fact, and one which in itself carries conviction as to the chief cause of insanity, and that is that the unmarried insane are infinitely more numerous than the married. By statistics taken from the census of the population of England of 1857, the number of married persons is double the single; and yet of patients admitted to the asylum we find the unmarried in the majority. What, then, is the cause of this? Marriage certainly increases the cares and trials of life, and one would therefore be led to suppose that it would rather tend towards insanity than otherwise The cause evidently is, then, the frequency of solitary vice and masturbation among the unmarried. Again, we find the number of suicides far greater among single persons,—another distressing proof of the cause which leads to it.

We will now examine the painful physical results of masturbation; and the very appearance and number of them will be sufficient to convince every professional or unprofessional person that they cannot be suffered long without producing insanity in one form or another.

The results, then, every Onanist must sooner or later experience, are loss of memory, nervousness, restlessness, lack of energy, want of judgment, want of purpose, confusion of ideas, aversion to society, depression of spirits, excitability of temper, moroseness, cowardice, listless-

ness, pains in the head, pains over the eyes, frequent sighings, secret dread, broken rest, want of confidence, dimness of sight, confused noises in the head, and constant suspicion. Such are the symptoms, gentlemen, which follow masturbation, and so also are they the symptoms which precede madness. Who, then, can for a moment wonder what is the origin and reason of the increase in lunacy? The reason is, gentlemen,—and let the words be engraved on every human heart,—that our young are giving way to the horrible crime of self-abuse; and if we wish to check this terrible torrent, which is sweeping away thousands of our best and brightest youths, emaciating their frames, and breaking up their godlike intellect, we must labor in the cause of physiological reform. Every father of a family must acquaint himself with physiology, and must impart its greatest lesson to his children.

And now, gentlemen, in conclusion I would add, that having, by a long experience gained by an extensive practice on this very subject, learned the fearful extent of this evil and the multifarious disasters which befall the human race therefrom,—disasters which are of such a magnitude as to affect even the natural existence of the present race,—I determined to devote myself to the great task of ameliorating the existing evil. For this very purpose, then, I have opened this institution, the mere examina-

tion of which must impart valuable knowledge to all. And I have also prepared lectures on all those different subjects which are intimately connected with our health, happiness and welfare. Sincerely hoping, therefore, that my objects may be attained, and that hereafter numbers will look back to this institution and these lectures as the hand-board which directed them to the road of health, honor, and happiness, and warned them from that path which must end in ruin and destruction. I now conclude this lecture.

61 Hancock Street, Boston, Mass

LECTURE ON THE VOICE.

GENTLEMEN: I rise to address you on subjects which it is the duty of every person who has the use of his faculties to study and to learn,—yes, I might even say his sacred duty. Years and years have men suffered, and languished, entirely owing to the ignorance which generally exists on those subjects which intimately concern the human body. Science has with prodigious strides advanced some subjects and has left other and even more important ones unrecognized. The mighty mind of man has concentrated upon these subjects, ignoring others; nay, not only ignoring, but even sometimes laughing to scorn the efforts of those few good and philanthropic men who have endeavored to bring the matter into general recognition. Such has too often been the fate of those who, by books, diagrams, and lectures, have striven to teach the human mind about the corporeal care which envelops it. And does it not seem strange that that which is the most intimately connected with our health, happiness, and welfare should invariably be the subject on

which few bestow the slightest attention? And what, gentlemen, is the result of this apathy and carelessness? The result is that thousands and thousands of persons either suffer in body or mind. Not only are they apt to destroy themselves by vicious habits and abominable abuses, but they are also apt to injure themselves seriously by inattention to the laws which govern the system. Therefore, gentlemen, a physiological knowledge is essentially requisite to all. It will tend to keep youth from that abominable soul and body destroying habit, masturbation. It will cause him to abandon it if he has already fallen into the dark and loathsome pit. It will cause him to shun the loathsome evils of sensuality and immorality. It will cause him to respect that wonderful machine which God made in his own image, and compared to which the greatest work of man is but as dust in the balance. Is this, then, a subject unworthy of science and public attention? Is it to be kept hidden and secret, and locked up when thousands of fellow-creatures are imploring for it,—ah! imploring for it, not with hands uplifted and voice upraised, but with the much more touching though mute voice which pallid cheeks, and sunken eyes, and forms tottering to an early grave, sadly, solemnly express? No, gentlemen, the onward march of progress, that great unseen power which sweeps away abuses from the earth

and opens out to man fresh fields for human intellect to wander in, will break down the walls which ignorance and false delicacy have built to hedge it in; nay, more, will even eventually compel every man to attain the required knowledge.

For the very purpose of giving to as many as I possibly could this invaluable knowledge, I have opened this institution, prepared lectures on various subjects of peculiar interest and extraordinary importance. These lectures will be read nightly, and will in their course embrace all that extensive range of subjects with which it is every one's duty to become familiar. Having premised this much, I will at once enter upon my subject.

The first branch, then, of the lecture, is upon that power of man which enables him to converse,—the voice. Now, here at once we come upon one of those subjects which so few take notice of. Ninety-nine men out of one hundred have this ability of speech, and yet not one of a thousand has ever troubled himself to think how the sounds were produced. First of all, then, the voice of man and animals depends on the form and structure of the larynx or upper part of the windpipe, and on the opening to it called the glottis. Man's articulation, therefore, is produced by the muscles of respiration, the tongue, the teeth, the palate, and the lips. The

glottis has been proved to possess the properties both of a wind and a stringed instrument, as its opening or chink can be enlarged or contracted, and the ligaments attached to it can be more or less stretched; but the voice can be so varied and complicated in its tones that it would be a difficult matter to explain all the peculiarities.

According to Halles, the eminent authority on such matters, the organ of speech is nothing more nor less than a musical instrument. He says that the sound entirely depends upon the tension of the strings, and not in the enlargement or diminution of the aperture. Now, in wind instruments we can gain an octave with the same aperture by shortening the tube. So also is the sound changed in the larynx; the muscles produce tone by tightening the strings. If we attend to the construction of musical instruments, we find that the strings are not the cause of the tone; tone arises from the vibration of the wood by which the strings are surrounded. Thus we find it in the harpischord and in the fiddle. Now do the strings give the sound? No, certainly not. The wood gives the vibration; this communicates with the air, the material, and the result is sound. So is it, gentlemen, in the tone of voice; the strings do not give the sound, but split it up; then the current of air is split up into different channels, and so also the current of sound is subdivided.

This subdivision then, and splitting up of sound, are necessary for articulation of words. From inquiry into, and study of, this wonderful construction, resulted the effect of teaching deaf men how to speak. All vowels, which are notes of the voice, are made in the larynx; labial consonants are produced by closing the lips, while the lingual are made by the back part of the mouth. Again, the dentals are caused by the hissing through the teeth, like S and T. So delicate and complicated a construction as the machine which enables us to speak must necessarily be easily affected or hurt. Thus, cold attacks the larynx, and at once makes us hoarse; fevers loosen the strings, and of course weaken its powers; fear and surprise will even take it away. Such being the case, how careful, gentlemen, ought every one worthy of the name of a man to be of that power which at once places him above the rest of the animal creation, and enables him as an orator, a musician, or even as a good and honorable mortal, to influence, inspire, teach, and comfort his fellow creatures! And yet, gentlemen, how many a bright and brilliant youth,—one who might have led the counsels of nations, and held multitudes enchanted by his eloquence,—how many, I say, have thoughtlessly, foolishly, and wickedly destroyed or impaired these great talents by the commission of vicious acts! Syphilis, that

scourge whose origin none know, but whose direful effects most men are aware of,—ah! and some to their sorrow,—at once if it proceeds any distance in its secondary course, impairs or destroys this precious boon by eating and corroding the roof of that temple which contains one of the greatest gifts of a merciful Creator. Look, gentlemen, at No. . . . and you will see how that scourge of sin has destroyed the able work of the Divine Architect.

Now, gentlemen, I will not go the length of saying that a knowledge of that divine mechanism by which we move, and have our being, will always, or even generally, deter men from the commission of sensual sin; but I do hold, and that decidedly, that the more we study this great science, and the more intimate man's knowledge of himself becomes, the more careful will he be in his actions, and the better care will he be apt to take of a machine which is so intricate, and so delicately constructed, as is the corporeal frame. If we, as physiological leaders, neglect to raise our voices in warning and exhortation, then there is but one other great teacher on this subject, and he will thunder forth a direful eloquence to countless multitudes,—multitudes who will shudder at that teacher's experience. But, alas! gentlemen, he comes to us, not as a gentle and patient instructor, but too often as a fierce and terrible judge, armed with the fright-

ful lash of bitter reminiscences and terror-inspiring recollections. Shall, then, the philanthropic and enlightened nineteenth century fold its hands where so great a field for labor and reformation is lying desolate?—a waste filled with prowling fiends lying in wait for innocent youth or incautious middle age. No, gentlemen; though prejudice and false delicacy may, nay, will raise its puny voice against our efforts, yet a consciousness of right and the onward march of reformed science shall support us in the effort; and if but one innocent victim is snatched from the jaws of soul-consuming despair and unutterable remorse, then even will I consider myself repaid for my endeavors. Do I say but one? I trust and I know, that, as the magnitude of the horrors, which must sooner or later overtake the sensualist in his crime, is placed before the young in the bright and powerful light of truth, so many parents will not weep over the early and wretched graves of those who might have been as angels, but who have sunk to the lowest depths of despair. So many unfortunate, broken-hearted wives will not sob and lament over those who might have surrounded their hearths and homes with the sunshine of love, peace, and domestic contentment, but who have gone, leaving behind them poverty, disease, wretchedness, and dishonor. Let, then, the loud, ringing voice of science, of medical knowl-

edge, clash through the land, until the voice of undisguised truth has exhorted, has warned, has saved the lives of men; and what better footprint can we leave behind than that which has been trodden in the paths of progress and philanthropy,—trodden whilst conveying comfort and hope to the lost and wretched sensualist, whilst sounding the tocsin of warning to ignorant and unprotected youth?

Then, gentlemen, let us one and all do what in our power lies to promote this good work. Hitherto I have touched lightly upon this evening's subject, for my aim is to save rather than condemn; to lead the profligate back to the paths of rectitude, virtue, peace, and happiness, rather than, by harshness and severity to hurry him on his downward course; but on that part of my subject which I am about to enter, it is my duty to speak emphatically, solemnly, and truthfully. The subject is one of vital importance to the young,—of such importance, indeed, that words cannot suffice to express it; and yet it is one so filthy in its practice, so abominable in its deed, and so soul and body destroying in its effects, that it is a painful task even to touch upon it; but, alas! daily experience—ah, how sad an experience! —teaches us that we must shake off the thin veil which an ultra and false delicacy has thrown around, and expose the deed in all its frightful

aspects. The subject, gentlemen, is that fearful, abominable crime which is filling our hospitals with patients, our asylums with idiots, our streets with pitiable wrecks of manhood, and our cemeteries with the graves of those we loved; that crime which called forth the Almighty wrath to destroy Onan; in fine, gentlemen, that crime of crimes called masturbation or Onanism.

The subject itself, without painting its deplorable and filthy details, is abhorrent to all well-constituted minds. But, gentlemen, we have a duty to perform. That duty is to find out, and, by exhortation and warning, to recall such poor unfortunate beings as have been lured by this most horrible of demons to the brink of everlasting ruin, both in body and mind. Such a duty I have to perform, and I will do so without mincing the truth. First, the word masturbation is derived from two Latin words, *manus*, the hand, and *stupro*, which means fornication; the word then means the act of fornication as committed by the hand. It is that filthy habit which young persons of both sexes are liable to fall into through ignorance and temptation. It is that soul and brain destroying habit which, alas! is too much practiced all over the world. At an early age, perhaps of eight, ten, or twelve, by bad associates, the youth is first initiated into the horrid mystery. At that age, under

the present system of keeping back from youth all physiological knowledge, the child probably looks upon it as a pleasant, I might almost say, an innocent recreation. As he grows older, what was done merely for experiment, or, perhaps, to be in fashion with his vile and older associate, becomes by repetition a regular habit. Lassitude, weakness, dizziness, loss of recollection, and timidity, cause him to think that something must be wrong. A doctor is called in; he is questioned, of course; the lad carefully conceals his practices; though not ashamed to commit the offensive deed, he is yet too modest to talk about it. The doctor shakes his head; the symptoms are not sufficiently marked as yet to allow of his deciding on the true cause. The verdict is given,—stomach out of order, or cold, or too much hard study. Under the influence of medicine, he temporarily feels, or fancies himself, better. Then the disease again assails him. He shrinks from company, he almost trembles at the idea of a rough-and tumble game with his tougher comrades; and, at the prospect of a fight, his cheek blanches, his lips quiver, and his heart almost chokes him with its throbs. Then he begins to feel melancholy. Strange ideas of early death come over him, and he wanders about in a state of semi-unconsciousness. The habit grows deeper upon him. Still, if he have an idea it is his fatal habit which is

injuring him, yet it is but a faint, glimmering idea. And so it continues; his mind, conjuring up filthy and unholy thoughts, feeds the fire which is steadily and surely wasting his strength and energy. He looks back upon the time when, even as a child, his heart beat with boyish, yet great and lofty aspirations. Now all seems dark and gloomy; he feels as though he were different from others. He, in his wretched soul, arraigns the Almighty for refusing him those qualities of courage and strength he sees around him.

Such, then, are a few of the sufferings which must attend the victim of this unhallowed crime. Great as they are, and sad as we as human men must feel in seeing them, yet they are nothing but the just deserts of the sufferers. What better can any man expect who with his own hand defaces and destroys that beautiful form made in God's image; blots out and obliterates those great mental faculties, which, under other circumstances, might have raised the happy possessor to the highest pinnacle of fame; destroys that creative power which might have given to posterity great and talented beings,—beings who would have been a boon to the age they lived in,—and blackens and damns a soul born to wander in realms of happiness? Alas! gentlemen, experience teaches us that this is a world of sorrow and suffering; but how

true it is that two-thirds of these are of our own contrivance! Those who give way to this abominable vice at once deprive themselves of those calm and peaceful domestic joys which are the best and highest gratifications a mortal can enjoy. Of all the boons a merciful Providence has given to man, a loving and faithful wife is perhaps the greatest. How miserable, then, must be the fate of those who by their crimes render themselves unworthy of a woman's regard! He now begins at length to find out what is the cause of all his terrible sufferings; but still shrinking from publicity, and not fully appreciating his frightful condition, he attempts to battle with the enemy alone; but, alas! that strong will which once would have held him to the path of rectitude and virtue is so weakened by vicious indulgence that the task is a hopeless one, and he sinks back into his abominable practices, till at length he ends his days a drivelling idiot, or shrinks away from the bold and stern fight of life into a miserable grave. He sleeps the sleep of eternity; but, alas, not that state of repose where "the wicked cease from troubling and the weary are at rest." No, no; other and more fearful punishments await him. But on this subject we must not expaciate. Our task is a practical and physiological one; our duty to save only physically and mentally; our lessons are confined to this world. We have

shown you the general apparent results of this crime,—results which, alas, have largely come under my own experience. I will now show you the actual physical and local results arising from this detestable practice.

As my object is to instruct and exhort, I endeavor to avoid as many of those long-sounding and, to the bulk of the people, unintelligible words which most medical men make use of in their lectures and writings. I strive to make myself intelligible to the meanest capacity, and therefore trust that the course of lectures delivered here, together with the exhibition of these models, may be a blessing to many. We have seen, gentlemen, the effects of this horrible destroying agent; let us now consider why these results are brought about. Now the reason is this,—that whereas the organs of generation are made to perform the wonderful functions of procreation, their structure is of the most delicate mechanism; they are, as it were, a physical center, hence and whence all the functions and essences, so to speak, of the body congregate and emanate; therefore they have, by means of veins, arteries, and nerves, connection with every vital part, such as the heart, the brain, the lungs, and the intestines; in fact, these organs of generation are, as it were, the very main-spring of the corporeal frame. In a healthy state, they are kept supplied with seminal fluid, and this

seminal fluid is the very quintessence of humanity. What we eat, drink, and absorb becomes, after a certain manufacture is carried on within us, blood, semen, and other materials which are necessary to our existence; but a further manufacturing takes place until the very essence itself is obtained. Now, if we use this gift only in legitimate and lawful ways, the supply will always meet the demand, and we shall enjoy a perfect state of health. Our brains will be clear, our minds strong and ready, our hearts exultant, and our nerves as iron; but the moment the demand is greater than the supply, then the scene changes, and everything becomes deranged in a greater or less degree. Then, if the vice of Onanism be indulged in, the supply is soon drained off; then the manufacturing process goes on; the system is forced; the brain, the heart, every part of the body is robbed of its just share of its vital supplies in order to allow the wretched Onanist to gratify his hideous desires. So it continues until at length exhausted nature, worked under this double and treble high-pressure system, cries out too much, breaks down, and leaves the sufferer a wreck in mind, body, and morals. But it is not only in the waste of the human essence that the wretched victim injures and defaces his manly form; the parts themselves through overwork and constant use soon become weak, debilitated,

and at length useless. Ignorance on this branch of physiology has been the stumbling-block of men for ages, and the medical faculty have been, as a rule, very backward in recognizing the extent of this fearful evil and in providing for its cure. Fortunately science has at length turned its attention this way, and the consequences are being made manifest in the restoration to health and happiness of hundreds who otherwise would have been lost. So that although the crime is so disgusting that the mind revolts from its contemplation, and although the wretched Onanist deserves in retribution all the horrors which attend upon the committal of this crime, yet it is our duty, not only as a medical man but also as a Christian, to offer him the means to return to the paths of duty and virtue. Too often men who have given themselves up to this destroying power are driven into madness or suicide by the idea that their case is hopeless. Now, all cases are not hopeless. Hopeless they will be if the victim continues in his crime, and fruitless will be the doctor's efforts to save him; but happily the body, especially in the young, has strong recuperative powers. These, when aided by medical science, will, in most cases, if the patient keep himself in proper bounds, after a time, restore the patient. Some wretched quacks advertise cure by specific medicines or the use of instru-

ments. Against such the loud voice of science exclaims with almost as much energy as against the crime of Onanism itself. Let the unfortunate victim, then, make up his mind to abstain from his lust; then let him go to some physician of experience in such matters, state his case, and place himself under his treatment, and he will, in all probability, be cured. As my object is to incite men to regard their physical structure with the reverence due to its wonderful mechanism, and to hold them back from vice, or by encouraging hope, inspiring confidence, gently lead back to health and happiness, I cannot do better than cite a case in point where cure has been effected, and that at a period and stage of the disease which, in my—alas! that I have to say it—large experience in such cases, seemed utterly hopeless. Without specifying either the date or locality,—strict secrecy in such matters being the duty of the physician,—I will briefly say that a gentleman called upon me, requesting me to see his son, who, from being a bright and clever boy, had grown into a foolish and half-idiotic man. Upon visiting my patient I felt certain that by his looks that self-abuse had either wrought the wreck I saw before me, or had helped to bring it about. I called the father one side, and although he denied all knowledge of his son's having acted in this manner, he supplied me with data sufficient to con-

vince me that my first diagnosis was a correct one. Upon examining the generative organs I found that, though in a critical state, they were yet capable of cure. It would be unnecessary for me to go through all the details of my professional attendance; sufficient to state that after a constraint of three or four months, and a course of medicine for about the same time, I restored the patient to perfect sanity, and to a physical state of health which, unless again abused, would in time restore him to all those advantages which he had forfeited.

The other case was a more peculiar one, and I cite it as a warning to all young men who have ever committed the crime of Onanism, never mind how long they may have left it off, not to go into the state of matrimony without first getting medical advice. Many men, seeing the error of their way, have honorably abandoned the habit, and have fancied that time would bring everything right; but too often their organs have been injured, and while they think they are gaining strength, the seed is flowing from them in every water they pass,—this is called spermatorrhœa,—or by nocturnal emissions. In either case it is essentially necessary that a radical and complete cure be effected before marriage, else shame and misery will assuredly follow. The case I am about to mention was a man of about thirty-five years of age.

He had fallen in love and married a wife who in amiability and good looks could not well be surpassed. After six or seven months of connubial happiness he found, to his amazement, his powers leaving him; soon he found himself totally impotent. He very wisely resolved at once to get medical advice, and chanced to come to me. He was very much affected and eagerly sought for cure. I comforted and cheered him up with hopes, if he would only give me every information so that I might understand his case, I probably would set him to rights. Thus exhorted, he told me that when at school he had yielded himself to the dreadful practice, but upon reaching his twentieth year he had abandoned it, and not only lived a virtuous life but even a religious one,—he having become a prominent member of an association. Upon examination I found that he had all through this interval been suffering from spermatorrhœa, which had very much impaired his sexual organs, and although the excitement and love of the period of marriage had temporarily restored his power, yet it had also hurried its prostration. Although the disease may be said to have become chronic, yet with skillful treatment he was restored to those domestic pleasures which he had almost forfeited by the errors of youth, and lived to raise up quite a family.

In conclusion I would merely observe that, not only is it for our own interest to find out our state of health before entering upon matrimony, but it is even a sacred duty, for, if we believe the Bible, we there find it written, "The sins of the father shall be visited upon the children." And so it is in this abominable crime; visiting the child with feebleness and deformity, and, even though a man may feel that he is physically capable to perform all the duties of a man, even then, if he has ever been a victim to this vice, he should be careful, before entering matrimony, to make sure that his personal health is in that state which will ensure to his offspring a proper and robust constitution.

MARRIAGE.

THE sacred ordinance of Marriage emanates from the Deity, by whom we are enjoined to "increase and multiply;" hence it is considered honorable amongst all men, and should not be entered upon carelessly or wantonly, nor without duly considering the causes for which it was originally ordained. In all civilized nations marriage is sanctioned by religion and by law; its purposes are to procreate children, to give lawful indulgence to our desires, and to live with, to love, and to cherish the object of our choice. For no circumstance have we so much reason to rejoice in our civilization, as in the laws and regulations relative to matrimony; it is the basis of prosperity in all nations, as well as the foundation of individual happiness; it gives legal and perfect possession to the chosen of our heart; it establishes regularity and order, forms the dearest and most binding ties of relationship; and when unalloyed by physical or mental disqualifications, there is no pleasure or state in life at all comparable with it; but, unfortunately, this is a consummation rarely to be found;

there are many hindrances to its fulfillment, many are carefully and mysteriously concealed, some are accidental, others (and by far the greater proportion) arise from intemperance or abuse, some are lasting, others temporary, some irremediable, some may be alleviated, and some are perfectly curable. I will now detail to my readers the most frequent infirmities that tend to mar the happiness of wedded life, and prevent the fulfillment of their hopes and desires. There can be no doubt that the great aim and end of matrimony is to render amative enjoyments lawful, to forward the procreation of children, to secure hereditary succession, and to cultivate domestic happiness. The obligations of marriage are mutual and imperative; if any deception is practiced, the culpable parties will sooner or later receive their punishment, in the disappointment of their pleasures, the loss of their health, and the remorse of their own reflections. It is true, where one party only is in the wrong, the law affords equivocal redress; but this remedy is so uncertain, and so unpalatable, that it is seldom resorted to, and jealousy, deceit, and inconstancy generally supply its place.

Nature has bestowed on man the full use of his procreative powers as universally as she has endowed him with arms, legs, teeth, or eyes; but from the present state of society, the progress of refinement, which materially militates

against early marriages, artificial excesses, and destructive diseases, it so happens that by the time a man reaches that point in his career, when it may be deemed prudent for him to marry, it becomes, in most instances, a matter of serious doubt whether the power remains to him of procreating a healthy offspring, or of satisfying those desires which are implanted by nature in the most modest and virtuous of women, not less strongly than in man himself. His consciousness of the deficiency must cause a man to feel abashed, and he can offer no excuse but what must tend to lessen the love and respect of his wife. No man is so likely to be jealous as the one who is conscious that his wife has just reason for complaint, and no female is so likely to go astray as one who is tantalized by the abortive toying of an impotent husband. Certainly nothing can justify a wife in proving faithless to the marriage vow, and no circumstance can ever restore her to the position of a virtuous woman; but cases frequently occur in which much may be brought forward in extenuation, and where he who is considered the injured party is in point of fact the more guilty of the two.

The essentials of reproduction on the male side are a healthful condition of the whole generative system; the erection of the penis should be perfect, maintenant, and vigorous, and

the secretion and emission of the semen obedient to the demand. On the part of the female, the generative organs should be sensible of the approaching impulse; the best test of their healthy state is the presence of desire, and the enjoyment of the orgasm simultaneously with the male. The reader, whether he be an invalid or not, will, no doubt, be surprised to learn that instances of generative incapacity, local weakness, and utter impotence are innumerable. My professional experience impresses me with the firm belief that one male in every four, who has reached the age of twenty-six, is a sufferer, more or less, from stricture, disease, or some derangement of the generative economy. My convictions arise from observations in practice that many of these infirmities are not even suspected until pointed out, although occasional differences may be noticed in urinating, having sexual intercourse, etc. Moreover, the cases just alluded to present no other indications of general ill-health than the aforesaid symptoms, sometimes for a very considerable period. It is no uncommon circumstance for a man on his approach to a female, with a view to sexual commerce, though he may possess all the confidence necessary for such a purpose, to find the tone of his inclination suddenly leave him, and to observe a seminal discharge before he has effected actual contact; the design is, of course frustrated at least for

some time, and he has to endure the double mortification of incurring and giving disappointment. Another frequent deficiency is an insufficiently lasting erection, which prevents the mechanical irritation requisite to excite the proper action of the seminal vessels. Other persons possess both desire and capability, but at very considerable intervals. I am here referring less to the disappointment of becoming a parent than to the physical obligations between man and wife, for there are circumstances on which impregnation depends; it is not simply the perfect performance of the act of copulation, but the healthy condition of the semen, and the mutual aptitude for the embrace that render it fruitful. A man may be vigorous and amorous, and yet incapable of begetting offspring; or, if he succeed in doing so, they may be puny, weakly, and of short existence. Occasionally, from disease, or want of exercising the generative functions, individuals may be found where the organization is perfect (though the development is probably smaller than usual), yet where there is a total inaptitude, or, at all events, a complete distaste for sexual intercourse. Women have also their disqualifications for matrimony, but the proportion, from various causes, such as moral training, the loss of caste and character, which, once parted with, is irredeemable, renders the number comparatively small; moreover,

their habits of life do not expose them to the same temptations that men are so frequently assailed with.

The main object required for those who are suffering from generative debility or deficiency is to restore them to such a state of health and vigor as to enable them to enter into the matrimonial state; and many medical men, who are ignorant of, or have not properly considered, the subject, have even gone so far as to recommend marriage as a certain remedy. This is, to say the least of it, a dangerous experiment, and should never be advised unless by those who perfectly understand the nature of the complaint, and are thoroughly versed in the best mode of treating it.

Women were formed to complete the well-being of man, and I am confident that those who abstain from intercourse with them are rarely either happy or healthy. Marriage constitutes the bond of society, is the source of all the charities which adorn human life, forms the security of property, and the respect paid to its ordinances affords the best test of the moral condition of a civilized nation; but where generative weakness exists, let not the unhappy sufferer augment his own misery by the sacrifice of some, perhaps worthy, female, upon whose credulity he imposes, in the most unmanlike manner, by marrying under such circumstances, and in

whose society he can expect nothing but dislike, reproach, and contempt. If, on the other hand, he is first restored to the full possession of energy and vigor, sexual intercourse becomes not only proper but beneficial, and he may then look forward with confidence to the perfect enjoyment of domestic happiness.

No general rule can be defined, in the present state of society, which would be suitable to all, with regard to the frequency in which the connubial embrace may be indulged in, without injuring the constitution, and predisposing to disease both parents and offspring. The healthy and robust, when in full vigor of life, whose habits are active, and whose pursuits partake more of physical than mental effort, may indulge more freely than other men; but even they may easily transgress the laws of health, and undermine their powers; and though many may pursue too frequent indulgences for a number of years, without appearing to be injuriously affected, yet, sooner or later, they must inevitably suffer the result of their imprudence, and are often cut off suddenly without a sufficiently apparent cause; they are, however, more frequently visited by gradual infirmity, protracted disease, or early and extreme dotage. No one ought to demur at this. Man should remember that the legitimate purpose of the organs of reproduction—the perpetuation of his species—requires

only the moderate exercise of their functions, and that his higher capabilities should qualify him for far more exalted pleasures than are to be found within the precincts of sensual enjoyment. He should also remember that if he goes beyond the actual wants of nature in the indulgence of his appetites, he debases his moral and intellectual powers, increases the carnal influences over his mental faculties, and circumscribes the field of rational acquirements and ennobling pursuits.

There is also a species of abuse unfortunately carried on in many instances in married life, namely, withdrawal just previous to the emission of semen in the act of coition, which is a fruitful source of local relaxation and other serious complaints. I will more particularly allude to this in the next edition of my work.

Independent of the disqualifications I have already enumerated, there are various others. Some are born with a person, others are accidental, and those which arise from infection; but of all causes from which the reproductive organs are impaired, or their functions entirely destroyed, excessive indulgence is the principal one. They may be injured in various ways; an intercourse with the world offers many, but that has its restrictions; the most dangerous one is the one which is indulged in alone, and which is known by the term "Onanism," Masturbation,

or Self-abuse, the frightful effects of which, although with some slow in their progress, should not be hidden from those who are about to, or may have commenced, that baneful habit, a description of which I have given in my previous lectures.

THE URINE.

From some unaccountable reason the examination of the urinary secretion has not commanded that attention to which it is entitled. The urine is well known to present many differences in health and disease. The office of the kidneys is to separate and give off the superfluous fluid of the body; and it may surprise many people when they are told that every drop of liquid they take, and every morsel of food they swallow, has first to enter the circulation, or to become blood, before it can be changed into urine and fæces, notwithstanding the rapid manner in which the transition frequently takes place. The urine in health has certain properties characterized, as most people know, by odor and color, and with an acid predominance. When out of health it assumes a variety of features; it becomes thick, dark, offensive, and deposits, when cool, a copious sediment. Since animal

chemistry has made such advancement in this country, the analysis of urine has held a very prominent position, and some extraordinary facts have been elicited. The changes in the urine are very interesting, and each in its turn has a certain signification. Thus, for instance, urine apparently healthy, but proceeding from an individual in very delicate and yet highly irritable health, will be found by heat, agitation, and decanting, to deposit on the sides of the vessel some minute crystals called oxalate of lime. The mere name may leave the non-professional reader still in ignorance, but its importance may be estimated when he is told that the presence of that salt in the urine indicates great chemical decomposition of the human frame; that it is an indication that the muscular and nervous powers are daily subsiding; that the individual is losing flesh, spirits, and temper, and is a proof of very great constitutional derangement and danger. As before remarked, the urine in health possesses an acid predominance; this acid is known by the name of uric acid, but sometimes it is in excess, and then it passes off in combination with certain salts of the body. These, as soon as the urine cools, fall to the bottom of the vessel in the shape of brick-dust sediment, or are opaque, suspended in the form of a cloud, or they float on the surface of the fluid like a thin scum. This condition is

known as red gravel, and it is then said the urates are in excess. Such a condition denotes great excitement, and that more or less inflammatory action is going on; it shows, moreover, that the elements of the food are being given off without nourishing the body, or else denotes that the system is undergoing undue and rapid exhaustion. The great apprehension also of sedimentary or gravelly urine is, lest stone should form in the kidneys, ureters, or bladder. Another remarkable form of sedimentary urine is where an exactly opposite state prevails; where, instead of uric acid being in excess, it is wholly absent, and phosphoric acid is in union with the salts, and other substances in the urine, constituting a combination known as phosphates. The deposits in this case are usually white, and hence the name of white gravel. The urine assumes many other characteristics than mere color and muddiness; it varies in its weight, and in its odor, and with the prevalence of the phosphates marked symptoms of physical decay and exhaustion of manly powers are denoted. The urine sometimes contains flakes of skin, or membranes of the various channels through which it flows. In all cases of irritability the urine abounds with mucus, as is perceived at the conclusion of the act of micturition, and in cases where serious inflammation exists, this mucus is changed into purulent matter. Whe

gonorrhœal inflammation extends to the bladder, the urine assumes the appearance of a thick, dirty gruel, occasioned by the abundance of pus; of course when produced by the former cause it signifies the probability of protracted and serious illness. In the urine also is to be detected the urinary secretion of the prostate gland, also the seminal fluid which sometimes drains involuntarily, and unperceived by the patient. In jaundice the urine is tinctured with bile. In fact, such are the numerous vicissitudes incident to this most important outlet to the system, that the necessity of carefully investigating these harbingers of human infirmity cannot be better exemplified than by remarking, that many of these states are indicative of a sudden and afflicting termination to existence, which a timely observance might prevent, and thereby prolong life to its average period; therefore, this description, although brief, is sufficient to show, that a chemical and microscopical examination of the urine is of the utmost importance where an individual is in ill health, inasmuch as it gives direct and positive evidence as to the nature of the complaint, and is a forewarning that such a state of things cannot go on week after week, or month after month, without establishing some formidable complaint, which, by prompt attention, might be thoroughly eradicated.

SELF-EXAMINATION.

How shall we know whether we are fit to enter into the married state? The question most frequently put to me is, How shall I know if I am suffering from Masturbation or Spermatorrhœa? What are indications of the diseases? There are symptoms which the medical man only can perceive; but on the other hand there are indications which are so self-evident, that, if the reader of this suffer from them, he cannot fail to recognize the disease under which he is laboring.

The symptoms are not always the same, but vary with the constitution of the patient. To render them patent to everybody, I have classified the most remarkable of them.

Symptoms which affect the generative organs only, or

LOCAL SYMPTOMS.

Defective erectile power.

Eruptions on shoulders and forehead.

Emissions in voiding urine.

Emissions at stool.

Undue excitement and emissions in the presence of the sex.

Atrophy or wasting away of the testicles.
Spermatic Urine.
Premature emissions during intercourse.
Erections without sufficient exciting cause.
Bloody emissions.
Dull pains in the generative organs.
Decrease of sensual desire.

I must here observe that many symptoms occur which are indicative of ordinary disease; but if they are the result of Onanism, or syphilis, or excess of venery, then the ordinary means of cure will not avail until the original cause be first removed. The seminal fluid is vitality itself, and any seminal loss affects, in a more or less degree, the various functions of respiration, digestion, and circulation.

BODILY SYMPTOMS.

Flatulence.
Alteration of the functions of the liver.
Craving for food.
Heat of epigastrium.
Disgust of ordinary food.
Nausea after meals.
Involuntary blushing.
Irregular pulse.
Difficulty of respiration and cough.
Want of firmness of the muscles.
Swelling of stomach and intestines.

Excessive mucous secretions.
Palpitation of the heart.
Diarrhœa.
Inflammation of the rectum.
Costiveness.
Loss of flesh.
Unnatural appearance of skin.
Indolence.
Indisposition to exercise.
Fatigue on the slightest exertion.
Undue sensibility to heat or cold.
Discoloration under the eyes.

Symptoms which affect the mental organs, and which if not tended skillfully end in madness.

Desire of solitude.
Inability to concentrate the mind.
Cowardice.
Loss of memory.
Moroseness.
Impaired hearing.
Impaired sight.
Black spots in the vision.
Deterioration of the voice.
Sighing.
Unnatural dreams.
Unrefreshing sleep.
Depression of spirits.
Sensation as of cold water down the back.
Giddiness.
Sudden access of emotion while reading.

CASES AND CORRESPONDENCE.

I SHALL now introduce a few cases, some of which might have been deemed past recovery; but by a perseverance with my medicines, and attention to my advice, the patients have been restored to themselves and society. In selecting from so extensive a practice, I might have quoted an immense number, but this would have far exceeded my limits; and, by the way, I may here observe, that I have adopted, and most rigidly adhere to, one invariable rule, not to use even the initials of any name; never to speak of any case excepting in those general terms which preclude the possibility of personality; and, further, where the slightest objection exists to even the most distant allusion, I always regard the feelings of my patient, and under no circumstances, nor in any instance, make mention of it.

For a considerable number of years a large portion of my practice has been conducted by epistolary correspondence; but since the improvement in the post-office regulations, the number of my correspondents has increased to a great extent. This has its advantages, as it must be apparent with what facility advice may

be sought and obtained within a short period. By the present arrangements distance is no hindrance, or extra expense, and the invalid can reveal the severest infirmities without the slightest hesitation. I have repeatedly alluded to the diffidence of individuals suffering from the calamities enumerated in the foregoing pages, which prompts them rather to bear with their misfortunes than to apply for advice and assistance to an acquaintance, or in the vicinity of their residence; and I have adduced the following narratives to show how easily all difficulties may be surmounted, and the relief they may expect to obtain. Devoting the whole of my time and attention to the cure of diseases of the generative system, and assisted by the experience of upwards of forty years' actual practice in that branch of the profession, I consider that I do not arrogate too much to myself in stating, that I may be consulted, either personally or by letter, with manifold advantages over many of my professional brethren. It is indifferent to me whether I correspond with, or am applied to by, A. B. or Y. Z.,—their confidence will be sacredly maintained; and as minutes are taken of each case, letters are seldom preserved beyond a few weeks, when they are either destroyed or returned, at the option of the writer.

CASE I.

——— commenced the practice of self-abuse at school when about fifteen years old, and indulged in it sometimes to the extent of twice a day; being naturally of a robust constitution, and having lived temperately up to the age of twenty-one, he appeared in tolerable health, though his spirits were sometimes very seriously affected, and his manner timid and bashful in the extreme. Some serious symptoms now began to manifest themselves; the seminal emission was occasionally tinged with blood, and in addition to the loss sustained in the act, he had nocturnal pollutions two or three times a week. He had great pain and weakness in the back, soreness of the lungs, and his sight much impaired. Indeed, his general appearance was such that his friends were fearful of consumption; and one that had witnessed my successful treatment, under similar circumstances, recommended an immediate application. At this time he had just passed his twenty-fourth year, and his appearance truly indicated a premature decay: his eyes sunk, countenance much dejected, with a cutaneous eruption on it. From being once of a robust make, he had now become very thin, stooped, with a disinclination for the least exercise, and, in short, all the energies of youth completely prostrated.

In the first interview I clearly and candidly pointed out the cause of his disease, which, after a little questioning, he freely admitted and gave me the foregoing particulars of his case; at the same time he stated that, from an idea of the injury to his constitution, and the immorality of the habit, he had several times resolved to discontinue it, but his infatuation had been such that, after a short lapse of time, he had invariably returned to it. I now explained to him the impossibility of removing his complaint while the cause of it continued; and, before I would undertake the case, he faithfully promised that, under no circumstances, would he be guilty of it again—an assurance which, from the result, I am certain he strictly adhered to. I then prescribed a course of tonics, with moderate exercise, local cold bathing, and generous diet. He attended carefully to my directions, and I saw him again in a fortnight; his appearance was now improving, the emissions in the night less frequent, and his strength increasing. I ordered a continuance of the medicines, general cold bathing, and a greater degree of exercise, under which he continued rapidly to improve, and in the course of a few weeks became perfectly well.

He is now a fine, athletic man, full of health and energy, has been some years married, and is the father of several children. The rapidity of the cure in this case must be attributed to the original vigor of the patient's constitution, the total relinquishment of the unfortunate habit, and the correctness and promptitude of the treatment.

CASE II.

———, aged thirty-two, had been brought up to agricultural pursuits, and resided principally in the country. He was initiated by a farm-help of his father's into the pernicious habit of self-pollution at the early age of thirteen, which he had indulged in sometimes to the extent of three times a day. When he called on me, I must candidly confess he was in that awful situation from continued indulgence, and his form was so attenuated that I had considerable doubts of his recovery. He stated that, for the first three or four years after commencing the practice, the only inconvenience he experienced was an occasional sensation of extreme lassitude, and an incapacity of performing the same portion of work with other youths. About this time he began to have commerce with women, to which he was very freely addicted for about five years, during which period he partially relinquished the habit of self-abuse, or at most did not indulge in it more than once in a week or ten days; he then unfortunately contracted a most severe Gonorrhœa, attended with swelled testicle, which confined him to his bed, and his sufferings were so acute that, after his recovery, the fear of being again infected deterred him from further intercourse with women, and he resumed his former practices to a greater extent than ever, which he continued until he called upon me. He now appeared to be rapidly approaching the last stage of consumption; his form was completely wasted, and his countenance haggard and anxious in the extreme. The digestive organs were so deranged that even a very small portion of food produced the most distressing sensation; his rest was disturbed, and he perspired profusely when in bed, or on using the least exertion; his mind, too, was in a highly despondent state, from the knowledge that his condition was to be attributed solely to his own misconduct. The progress of decay had in this instance gone so far that I could not promise a favorable result; but he was, of course extremely anxious for the trial, and on condition of his totally relinquishing his unfortunate habit, I undertook the case, and immediately prescribed those medicines adapted to his miserable situation. After about six weeks' rigid adherence to my

instructions, he had derived considerable benefit; he then continued gradually to improve, and after the lapse of a few weeks was perfectly well, and is at the present time in the full enjoyment of health and vigor. The general practitioner would probably, in a case like the above, pronounce the patient to be laboring under confirmed consumption, and, as the last hope, might order him to a warm climate; whereas, by a careful investigation into all the circumstances connected with the foundation of the disease (not originally an organic one), and removing the cause, I was enabled to arrest the further progress of decay, and thus save the patient's life.

CASE III.

The following letter was transmitted to me a few years ago; the writer of it moves in the highest circles. In accordance with what I have before advanced in regard to the strict observance of secrecy, I abstain from giving even his initials:

"SIR:—I have resolved to address you on a point closely connected with my future prospects, and, indeed, I may say on which my life depends:

"I was born in a polished circle of society, and at an early age was sent to a highly respectable public seminary, with every prospect of prosperity and happiness; unfortunately, however, a habit became prevalent amongst us, the pleasing allurements of which I, with many others, was unable to resist. Some years have now passed away, infirmities have gathered around me, and at the early age of twenty I find myself actually dying of decay—a gradual but certain decay. I had long wondered at the cause of this premature debility, nor did the truth ever enter my mind, until an accidental hint from a friend at college (which I have now entered) has made me fully sensible of my unfortunate situation. Do not imagine, sir, that I have had no advice. I have applied to several physicians, many even of eminence; but, I must candidly confess, I gave no hint; shame held my tongue, and my medical advisers were either unaware of, or never explained, the nature of my malady. I am now truly an object of commiseration, the horrors of my situation increase daily, the cause of self-entailed misery embitters my waking moments, and in seeking repose I only find a change of torments. I long for day—with day I am wearied—and I behold the approach of night with abhorrence: in short, existence in my present state is a burden to me! Such is the picture of my mind.

My bodily powers and general appearance have suffered in the same degree. I have repeated emissions of seed in my sleep, the generative organs are shrunk and powerless, my eyes and countenance completely lack the energetic and healthful appearance of youth; though always of a spare habit, I am daily becoming thinner, and begin to find myself unequal even for my course of study; and as to taking exercise, I have neither the inclimation, nor feel myself capable of doing so; in addition to these, I am subject to the most profuse perspirations. For God's sake, sir, be explicit:—is there any prospect of my recovery? And if so, what steps are necessary to secure it? As an only son, the hopes of my family are centred in me. Oh, that I may be restored to them, and at the same time recover my self-esteem! I have herewith enclosed you the usual consulting fee; let me beg of you to favor me with your earliest attention, and rest assured of my most grateful acknowledgements.

"I am, yours,

"_____."

I returned an immediate answer, and pointed out the necessity of an interview, which was unhesitatingly acceded to. I then gave the necesssary information, rules for diet, etc., combined with a proper course of medicines; and although the case was of long standing, and a severe one, I am happy to state that my endeavors were crowned with success, by the perfect restoration of my patient, who, in a friendly visit some time ago, merely to ask a question, informed me that he had been married five years, and was the happy father of three healthy children.

CASE IV.

———, aged forty, consulted me under the following circumstances. He had, about twelve months prior to the application, returned from the East Indies, where he had resided for twenty years, and realized a handsome independence. During the period of being abroad he had been in tolerable health, excepting one or two slight attacks of liver complaint, which had quickly yielded to a course of calomel. About nine months after his return he had married, with every prospect of domestic happiness, but found himself quite incompetent for sexual intercourse, as, whenever he attempted it, there was an immediate emission, without a proper erection, or power of effecting an entrance. He was the more

astonished at this, as his general health was pretty good, and he had always prided himself on the possession of great muscular strength. Being much attached to his lady, he labored under great distress of mind, called on me, and stated his case. On questioning him as to the practice of self-indulgence, he candidly admitted that, as an inexperienced school-boy, he remembered being addicted to it, but when he grew up, being disgusted with the unmanliness of the act, he had entirely relinquished it, and had certainly not in any instance been guilty of it for more than twenty years. During his residence abroad he had been rather freely addicted to women, and had also been subject to emissions of seed in his sleep; still he had not been conscious of any particular debility until he had married. I felt much pleasure in relieving his dejection, by stating that his case was perfectly curable. It clearly arose from early indiscretion, combined with the relaxation consequent on living in a tropical climate. I then strictly enjoined him for a short time to abstain from all attempts at intercourse, administered a course of tonic medicine, in conjunction with local cold bathing and moderate exercise, and in one month his energy and vigor were perfectly reinstated.

CASE V.

———, aged thirty-six, consulted me under the following circumstances. The symptoms and nature of his case I will give as stated in his own language on our first interview: "At an early age I was addicted to the infamous practice of self-abuse. I shudder when I think of the excess to which I carried it. Being naturally of a strong and robust constitution, I withstood its effects for some time; but in a very few years I began to experience the dreadful consequences of this truly destructive habit. My whole nervous system became shattered, my mental faculties impaired, and my memory completely destroyed; my appetite is gone, and I have lost all relish for the amusements of society. In short, I now feel myself the most miserable being in existence. I am subject to nocturnal emissions of semen, which always leave me in a most exhausted state. My countenance, as you may perceive, presents a cadaverous appearance, and my frame is much emaciated. Those motions which are easy and natural to others, are difficult and almost impossible for me to perform. My legs will scarcely support me; my digestive powers are so impaired that hardly any food sits easy on my stomach; and my eyes are inflamed, and frequently emit a

watery humor. In addition to this, my spirits are greatly depressed, so much so, that at times I can scarcely refrain from sighing and involuntary weeping." Such was the vivid picture this unfortunate gentleman drew of the situation he was reduced to, and which, for his own sake, he explained in the most candid and explicit manner. He also stated that, in consequence of the demise of a distant relative, from whom he had no particular expectations, he had recently come into possession of considerable property, and if not past recovery (which he entertained great fears of), he felt particularly desirous of marrying.

I undertook the case, in the first instance, of course, enjoining the total relinquishment of the habit, and indeed an avoidance of excitement of every description. I then prescribed the necessary medicines, attention to diet, etc.; and although unfavorable as appearances certainly were on applying to me, ten weeks' strict adherence to my advice completely reinstated his health and stamina. He has since remained perfectly well, and was recently married.

Remarks.—This was truly an instance of premature decay. A man at the early age of thirty-six, which may be considered the very prime of existence, sinking into an untimely grave, with the addition of the mournful reflection of being himself the cause of it. There can be no doubt that, had the necessary assistance been delayed a few months longer, he would have been incurable, or (and I state this as a warning to others) if the practice had not been discontinued, all human efforts would have been of no avail.

CASE VI.

A young gentleman, at the age of sixteen, had contracted the habit of self-pollution, which he continued until he was twenty-five. At this period he experienced extreme weakness of the optic nerves, and a very great dimness of sight. His memory was much impaired; he had also violent headaches, and sometimes excruciating pains in the forehead and temples. On endeavoring to read, he frequently found himself seized with a species of giddiness similar to that resulting from a state of inebriation. The pupils of his eyes were extremely dilated, and often pained him most acutely; the eyelids were greatly inflamed, and on rising in the morning he was unable to open them without the application of some warm fluid. He often shed tears involuntarily, and a quantity of yellow,

corrosive pus issued from the corners of his eyes; but certainly one of the worst and most debilitating symptoms that he suffered from was the seminal emissions to which he was subject almost every night in his sleep, which had reduced him to a most deplorable state of weakness and emaciation.

In this shocking condition he applied to me, with his mind in a state bordering on utter despondency. It was with some difficulty that I could persuade him of the possibility of obtaining even an amelioration of his miserable case; and words are almost inadequate to describe his emotions or his rapturous expressions of joy and gratitude, on experiencing the primary indications of recovery. This was an extremely obstinate and protracted case, but in the course of a few months he was restored to himself and society, of which he is now a respectable and useful member.

CASE VII.

In introducing the two following cases, I wish to make a few preliminary observations. Mercury is, unfortunately, too often resorted to, and depended on, for eradicating the Syphilitic poison. Its baneful effects on the human constitution, and in shortening life, are clearly exemplified by the miserable condition and premature death of those unfortunate beings who work in the quicksilver mines. Among the local complaints frequently produced by the excessive or improper administration of mercury, none are so formidable in appearance as phadegenic ulceration; and if, under such circumstances, it is persisted in, a rapid and total destruction of the parts is certain to ensue. The misapplication of mercury also produces sore throats, etc., of which, if mistaken for venereal, and a wrong line of practice should be pursued, the very worst consequences are to be apprehended. In proof of which, it is an undoubted fact that some of the most tremendous cases of deformity may be met with in the venereal wards of our public institutions.

A gentleman, aged forty, applied to me, who had been improperly treated for syphilis for upwards of eight years. A few days after first contracting the disease, a small pimple appeared on the prepuce, with an inflamed and red surface; in a short time a scab formed, which separated, leaving a small circular sore, with a hard and elevated edge, which gradually increased in size, attended with considerable irritation and swelling of the parts, and the glands in the

left groin considerably enlarged. He consulted a surgeon, who put him under a severe course of mercury, under which treatment the ulcer healed, but presented a glazed, unhealthy surface, surrounded with a hardness; the swelling in the groin disappeared, and he was pronounced well. Some time after, he was attacked with nocturnal pains in the center of the shin-bone, which were so severe as entirely to deprive him of rest. He then applied to several medical men, and underwent the miseries of salivation no less than five times without relief. A few days previous to the last administration of mercury, several eruptions of a reddish-brown color appeared upon the nose and face, which afterwards extended to the back and thighs; these eruptions were covered with a thin scale, which could be easily removed with the nail. There was also considerable inflammation in the throat, with a long fissured ulcer on each tonsil. Such was his situation when he first called upon me, and which clearly proved that he was laboring under a combination of severe secondary symptoms of Syphilis, aggravated by the injudicious application of mercury; and his sufferings were so great that he entirely despaired of recovery. I undertook the case, and administered the hydriodate of potassa, in conjunction with a preparation of morphia, full doses of sarsaparilla, and an ointment prepared of the ioduret of lead, etc., applied twice a day to the shin-bone. In one month the pains were removed; and the eruptions gradually disappearing, I then recommended a change of air, a continuance of the medicine in smaller doses, combined with tonics, and in two months more he was perfectly well.

CASE VIII.

"Dr. R. J. Jourdain:

"Dear Sir: To demonstrate the feelings of my mind, to evince the heartfelt gratitude I ought to express for my restoration from severe disease to health and friends, exceeds my utmost ability. To you my dearest relatives are indebted for my existence, when all hope of recovery was apparently lost. If you remember, I stated on our interview that, through an imprudent connection, formed when reason had deserted its reins, I contracted the venereal disease, and in consequence applied to a surgeon, went under regular courses of mercury, with the attendant horrors of repeated salivation, without eradication. The disorder was further augmented by a cold caught during a mercurial course, which deprived me of the

use of my limbs. By recommendation of a physician of eminence, I tried several of the most noted mineral waters, but without relief. The disease had, notwithstanding the strictest caution, arrived at such a height as to produce cancerous ulcerations in several parts of my body, and a visible affection of the palate, when the providential perusal of your valuable publication, lent me by a friend, induced me to call personally for your advice, in order that there might be no obstacle to any chance I might have for recovery; and, by the blessing of Providence, I am happy to state that, having finished the last quantity of medicine, I am as well as ever I was in my life. I beg to inform you that I am going to be married in about three months, and as, under these circumstances, I wish to feel perfectly satisfied that there may not be the slightest impurity left in my blood, I hereby enclose you the necessary remittance, and shall feel obliged by your forwarding another packet of medicines as soon as possible, addressed as usual.

"Believe me to remain, dear sir, yours gratefully,

"_____."

Remarks.—The last two cases were very severe ones. They both underwent the ordeals of the different treatment of several surgeons, and had taken mercurial preparations in almost every form; and there is no doubt, if mercury had been persevered in any longer, consumption or disfiguration would have been the certain result.

CASE IX.

A young man, aged twenty-seven, employed in a lawyer's office, consulted me for an inveterate Gleet. He stated that when about twenty-three he had contracted a severe Gonorrhœa, for which the usual remedies had been resorted to, apparently with success; but as soon as he discontinued taking medicine the discharge reappeared, and, if neglected, gradually increased, till it put on the aspect of a recent infection. He applied to several medical men, without success; they easily removed all inflammatory action, but the Gleet remained, and he always found intemperance in diet or sexual intercourse materially aggravated the discharge. As he was peculiarly circumstanced—being under an engagement of marriage, with excellent prospects—he felt very much disheartened, and called for my advice and assistance. I laid down rules as to diet, etc., ordered local bathing, in conjunction with the necessary medicines; and I am happy to state that in eight weeks from my first

seeing him he was completely cured. He has since married. There has been no recurrence of the disease, and by the judicious combination of strengthening medicine with the remedy for the complaint, his virile powers were completely reinstated, and there has not been the slightest debility consequent on his change of situation. Within the last three years he has twice become a father.

CASE X.

———, a master of a vessel, aged thirty-seven, consulted me in a case of secondary symptoms of Venereal. About two years previous he had contracted chancres and swelling in the groin; he had applied to a surgeon in New York, who prescribed mercury to a very great extent, and under whose treatment the symptoms had gradually disappeared. On going to sea, he was attacked with violent nocturnal pains in the limbs, and by the time he reached Liverpool, which port he usually sailed from, his throat was severely ulcerated. He there applied for medical assistance; corrosive sublimate was administered until the gums were affected, and the throat got well. He had periodical returns of the same symptoms, under which he was repeatedly subjected to similar treatment, until his constitution appeared to be sinking under its effects. From the recommendation of a particular friend, he called for my opinion, and I candidly told him that persisting in a mercurial course, under the circumstances of his case, was decidedly improper. He remained a few weeks in town, for the sole purpose of my attending him. I combined an alterative course of medicine with tonics and decoctions of the woods, etc., and in seven weeks dismissed him cured. This patient had suffered as much from injudicious treatment as from the disease; and had the same line of practice been pursued further, it must have terminated fatally.

CASE XI.

"Dr. Jourdain:

"Dear Sir: The medicine you last sent me I finished taking on Tuesday. I find my health so perfectly reinstated that there is no occasion to send me any more. I never enjoyed a better state of health than I do at present, to the great surprise of all my friends

and acquaintances, who imagined I was affected with consumption. I consider myself particularly fortunate that I chanced to purchase your valuable publication on the causes and consequences of decay. Prior to my doing so, I was in total ignorance of my unfortunate situation, and although my sufferings have been long and tedious, happy am I to bear testimony both to your skill in effecting a cure, and your kindly encouragement in cheering my drooping spirits, under some of the greatest afflictions that a man's own misconduct can subject him to.

"With the warmest gratitude, I remain, dear sir,

"Yours very truly,

"_____."

CASE XII.

"DR. R. J. JOURDAIN:

"SIR: Some years ago I contracted, but cannot tell you in what manner, a seminal weakness. I am subject to occasional nocturnal emissions, the parts are extremely small, weak and cold; and if ever there is the least tendency to erection, I observe a slight slimy discharge. I am nearly fifty years of age, and have never felt that power or pleasure in intercourse with women that I have heard others speak of. My pulse is usually weak and irregular, and my memory is impaired; I have applied to several medical men, and taken many advertised medicines, but all to no purpose; and to be candid with you, almost despair of being relieved. I have been induced to purchase your little work, from noticing it several times in the newspapers, and, after an attentive perusal, consider, from your extensive practice in generative diseases, that it may be in your power to render me assistance. I enclose the usual fee, and beg you will carefully consider my case. It is proper to mention, that I have been married about twelve years, and that, although weakly, my general health has been pretty good. Please address to 'Post-office.' I am yours respectfully,

"_____"

In treating the above case, the greatest difficulty I found was in reassuring my despondent correspondent. I am happy to state, that in eight weeks his health and vigor were perfectly reinstated.

CASE XIII.

"SIR:—I have recently purchased your little work, and have particularly noticed the chapter on 'Onanism.' My object in addressing you is to request your advice and assistance and, confiding in your honor as a professional man and a gentleman, I feel no hesitation in laying the particulars of my case before you. I was sent to a boarding school at the age of thirteen; at about fourteen I acquired the habit of lonely abuse, through the teaching of an elder boy. At sixteen I left this school, and resided at home with my parents for nearly three years, during which time I led a life of idleness and amusement, not being then intended for any profession. The habit of masturbation increased with my years; scarcely a day passed without my indulging in it, and I have sometimes committed it twice and even three times within that period. I left home at the age of nineteen, a complete wreck. I was very weak; my countenance pale and emaciated, with a kind of whitish scrofula upon my chin; my forehead also was subject to pimply eruptions. I have for the last three years been studying law in this city. At the commencement of my residence here, I discontinued the practice for upwards of a twelve-month, and I had the satisfaction of observing a visible change for the better in my health and appearance. About a year and a half ago I again unfortunately gave way, and fell into my old habit. I am now just twenty-two years of age, and although I feel the blush of shame burning in my cheeks, I am satisfied it is my duty to confess the truth to you. The temptation to practice the old habit is irresistible. I cannot withstand it, and I am again the victim of my folly; the disease, for such I may justly term it, preys heavily upon my mind, and I have latterly suffered from several new symptoms. If I omit the habit, I am annoyed during the night with an involuntary emission, of which I am frequently unconscious until I awake; and also on going to the water-closet. if I am at all costive, a seminal discharge flows from the urethra—both which circumstances very much debilitate and depress me. I may mention that I am of a bilious and melancholy temperament, and sometimes feel so miserable that life appears a burden and a torment. There is another circumstance I have now to detail. With a view of weaning myself from my old custom, I have recently made several attempts at intercourse with females. On the imagination wandering in that direction, I am all excitement, and feel quite competent; but no sooner do I approach the reality than all my former feelings subside, and I am powerless. This result has ensued on every

attempt at sexual congress. What am I to do? May I entreat your generous consideration to my unhappy case? Impose what restrictions you think necessary, I will resolutely abide by them, and if, by your advice and assistance, I can be restored to health and vigor I shall ever feel under the most lasting obligations to you. I enclose a note for your acceptance, and if I am in error as to the amount of your expectations, it shall be rectified in my next.

I am, sir, yours respectfully.

"_____."

The principal object in the above case was to conquer the monomanical propensity of self-abuse, which was a difficult task; but by appealing to the moral feelings of the party, this point was happily effected, and by regulating the diet, proper exercise, cold bathing, and the judicious administration of tonic medicines, his health was perfectly re-established.

CASE XIV.

Letter I.

"_____.

"Sir:—Having noticed your 'Practical Observations' advertised in a newspaper, curiosity induced me to purchase the work. In perusing it, I came to the chapter on Onanism, and the painful conviction has now forced itself upon me that I am the victim of that habit. The more I think of it the more certain do I feel, and I now apply to you for that relief which I trust you will be able to afford me. I could not have been more than eleven or twelve years of age when I first became addicted to it, and I have continued it up to the present time. For the last two or three years I have been oppressed with languor, which appears to increase daily. I applied two or three times to our family practitioner for that feeling, who told me that he thought it arose from indigestion; of course I believed it, as I could see no other reason for it; but your book has decidedly removed that idea. I will now state that which nothing but the hopes of being cured would ever have induced me to mention. The vile habit I have alluded to has increased upon me to a considerable degree; once or twice I discontinued it for a short time; but I could not help returning to it, and I have been irresistibly led to indulge in it, sometimes three or four times a week. I have no desire for women. I only once attempted to have intercourse with one, and then it was a complete failure. The symptoms I now suffer from,

and which appear continually to increase, are a sort of distressing lethargy, which unfits me for mental or bodily exertion, very heavy sleep at night without feeling refreshed from it, confinement in the bowels, and a sort of dry, itching sensation in the eyes. I have only felt the last symptom for about a month. It is proper to mention that my appearance is haggard and careworn, and my urine is frequently thick and clouded, and deposits a considerable sediment somewhat like fine brick-dust. Before I perused your work, I was not aware that Onanism was at all hurtful, and therefore never attributed my illness to it. I have now, I believe, stated all the particulars of my case; but if there are any questions you wish to put, I will answer them candidly and cheerfully. I have enclosed the usual fee, and as the offering of any prescriptions here might cause suspicion, I shall feel obliged if you will write me what amount would be necessary to send you for a course of medicines to effect a cure. Please address to post-office till called for, and consider this communication strictly confidential. I sign my proper name, and am, sir, yours faithfully,

"_____."

Letter II.

"_____.

"Sir:—I tender you my most grateful thanks for the long and highly satisfactory answer you have sent to my letter. It is with much pleasure I accede to your proposal, and herewith forward to you an order upon the———Bank, for————. You have completely confirmed my opinion of my case, and I solemnly promise you that I will for the future manfully endeavor to abandon the pernicious habit at once and forever. I feel much cheered by your very correct view of my state and feelings, and the confidence with which you speak of the alleviation of my sufferings. Please to address my parcel (which I trust will be securely protected from observation) to my initials, to lie at the express office till called for.

"According to your request you shall hear from me again in about a month, with full particulars. I had nearly forgotten to state, in answer to your questions, that my age is twenty-five, and that, if restored to health, I particularly wish to marry. Send me particular directions as to the doses of the medicine, diet, etc., enclosed in the parcel, and believe me, dear sir, yours faithfully,

"_____."

LETTER III.

"——.

"DEAR SIR:—According to promise, I send you an account of my health. I duly received my medicines, and commenced taking them immediately according to your instructions. They appear to have operated like a charm upon me, and I already feel myself better than I ever remember since my arrival at manhood. My spirits have been much less oppressed, each succeeding night I have slept better than the former one, and I feel infinitely more refreshed. My appetite and digestion have also improved, and I feel much less lassitude than formerly; indeed, I am convinced, by persevering with your medicines, and carefully following your advice, that eventually I shall get quite well.

"I shall continue the medicine in the usual doses, also the local cold bathing, from which I am certain I have derived very considerable benefit. I expect that business will call me to Boston in about five or six weeks, when I will have the pleasure of waiting on you personally, as an interview will no doubt be of advantage. In the meantime, believe me, dear sir, with feelings of sincere gratitude, yours faithfully,

"——."

I may now dismiss this case, as nothing remains to be told that would interest the reader, except that my correspondent favored me with the promised visit, and orally expressed his gratitude for his perfect restoration to health.

CASE XV.

———, aged twenty-two, applied for my assistance. The following are the particulars of his case. He was the son of opulent parents, and had received the earlier portion of his education at a collegiate school, where he acquired the habit of self-abuse. On entering into society, his propensity kept pace with his years, and he seldom allowed a day to elapse without indulging in it. Having no necessity to settle to any employment, time hung heavily upon his hands, and he became a complete lounger among his friends and acquaintances. Although he had many opportunities of indulging in sexual intercourse, yet a double fear kept him from attempting it; one was a knowledge of his own incapacity, as it several times occurred to him to have a sudden escape of the seminal fluid immediately on coming in contact with a female, without the necessary

ntrance; the other was the danger of contracting some infectious disease. He therefore persevered in his pernicious indulgence, adding to its excitation by the perusal of works of an immoral tendency. The first notion that he had that the habit he was indulging in, was, in a physical point of view, absolutely injurious, was that his nights were disturbed, and he had occasionally nocturnal seminal emissions, many of which he was not aware of until getting up in the morning. The day or morning after such an occurrence he felt unhinged; he experienced also considerable lassitude, and a disinclination to stir out. He had no appetite until the afternoon, when he generally required a stimulus to arouse him. One bad habit usually engenders another; to obtain relief from this increasing hypochondria, he indulged in the pleasures of the table, and took more plentifully than salutarily of wine. His inclination to indulge in his old habit now considerably diminished, not having the same feeling of desire as formerly, but the nightly attacks of involuntary seminal emissions increased in frequency and unpleasantness. His health now visibly declined, his appearance became much altered, and the family professional adviser was consulted. Not being informed of the true state of the case, he gave an opinion that it was owing to general debility, probably arising from *ennui*, idle habits, and confinement. A journey was suggested, change of air was sought, and a twelve-month was consumed in traveling about. The malady, although somewhat abated, was not removed. Besides, an additional gloom had overcome the patient. Among the visits he had paid during his excursion, several were to friends and early associates, who had married, and many inducements had presented themselves that he should follow their example. The fear of his unfitness appalled and harassed him in the extreme. From absolute loss of inclination he had abandoned his youthful fatuity, but he was more than ever annoyed with nightly attacks of seminal discharge. The secretion was thin, of a dirty yellowish tinge, and emitted a faint and mawkish odor. About this time, a friend recommended him to call upon me, and his appearance certainly denoted his complaint. He was pale and careworn, as though overtaken by age and trouble; his hands were damp and clammy, and he complained of the same sensation in his feet; his pulse was languid, his skin dry and shriveled, his flesh flabby, and his whole look that of a consumptive person. He had no cough; but the slightest exercise, even ascending a staircase, accelerated his breathing, and occasioned a palpitation of the heart. The treatment in this case consisted of the use of the cold shower-bath every morning, cold and stimulative lotions to the spine, loins, and

generative organs, the occasional use of the warm-bath, and a course of restorative tonic medicines specially prepared to meet the nature of the complaint, and intended gradually to invigorate the whole nervous system. My patient was a constant visitor for several weeks, and, I have the satisfaction of adding, left me only on the perfect recovery of his health.

The treatment of cases of this description necessarily involves three great principles, moral, dietetic, and medicinal: the moral treatment must be administered in the form of good advice, given kindly, but yet impressively; almost all persons laboring under diseases of the generative economy are great hypochondriacs. The idea of their debility is ever uppermost in their minds, and engrosses all their thoughts; yet nervous invalids little know the power and control they possess over themselves, if they would but exercise them. To induce them to do this is the special province of their medical adviser. The dietetic treatment should be highly nutritious, but not too plentiful; age and former habits of living must to a certain extent be considered, particularly in the allowance of wines or stimulants. Finally, the medicinal treatment must depend on the peculiarities of the case. It would serve no purpose to detail the particular doses, or what preparations of medicines are used in any individual instance. The reader may have gathered, from the perusal of my work that I do not consider one medicine adapted for every form of disease, but it must vary in strength, doses, and many other points, according to the age, sex, habits, etc., of the patient.

CASE XVI.

"RESPECTED SIR:—The perusal of your work last week has induced me to ask your advice under the following circumstances: At about twelve years of age, through the evil influence of a companion, I commenced the dreadful practice of self-abuse, and continued it on an average about once a week for about four years. I then became aware of the hurtfulness and immorality of the habit, and left it off entirely. I have since then several times attempted sexual intercourse, but never have succeeded in effecting it in a proper manner, the erection not being substantial, nor sufficiently lasting. I am now twenty years of age, and full six feet in height, having lately grown very fast. I am very thin, and feel extremely weak, particularly about the back and loins. I have never contracted any venereal complaint; my appetite and digestion both

appear to be very good, but the following are my troubles:—I am impotent and excessively weak and nervous; if I run up stairs fast, or use any violent exercise, I am troubled with a throbbing in the head, especially about the organs of the ear (in which I have a rushing sound). I am likewise troubled with deafness, which varies in severity with a variety of causes, such as damp weather, or if I take cold, when I am always worse. I have applied to several medical gentlemen for treatment for my deafness, but never told any of them what I suspected to be the cause of it; they all said it was in the nerves. I have been blistered and cupped behind the ears, and have had drops put in them, but all to no purpose. I am very low-spirited and desponding; my forehead is subject to small spots or pimples, which seem more under the skin than above it. I am troubled with nocturnal involuntary seminal emissions, of which I am seldom aware till morning; they sometimes occur two or three nights in succession, and then not again for a week or ten days; my urine varies very much in quantity and color, sometimes it is thick and clouded, and at others, in passing it, it is nearly colorless, but in every instance, after standing a little while, it deposits a great sediment, in appearance somewhat like fine, dark brick-dust. I have now given you a full account of my case; let me implore your patient consideration of it, and pray send me all necessary instructions as to the course I am to pursue. Please state also if you can dispense with an interview, for, residing as I do at a considerable distance, coming to see you might cause me great inconvenience, or perhaps give rise to suspicion. I enclose you the usual fee, and am, sir, your obedient servant,

"——."

***Convalescent in eight weeks.

CASE XVII.

"Sir:—It is with feelings which I can hardly describe, that I now address you. Having from my sixteenth year fallen into that unfortunate practice called Onanism, and having nearly up to the present time continued it, I now find myself in a very weak state, brought on, I have no doubt by this demoralizing habit. I have at last however, succeeded in giving it up, and by so doing feel myself rather better than formerly. I am nearly twenty-eight years of age, and yet, when I should be in full possession of my procreative powers, I feel myself quite incapacitated from fulfilling the duties of

a husband, should I venture to enter into the marriage state; in fact, my penis has hardly attained half its size, and it is almost impossible for me to have an erection, and even if I do so, it is very weak indeed. Palpitation of the heart, weakness of the eyes, trembling of the hands and limbs, and a variety of other infirmities, are the consequences I now suffer from indulging in this habit. I have nocturnal emissions of semen occasionally in my sleep, and there is an unpleasant fetid secretion that collects under the foreskin; my health and spirits are also visibly declining, and many of my friends have noticed my losing flesh and a falling off in my appearance. If you can be of any service to me, I shall gladly place myself in your hands, trusting to your humanity to relieve me from my present state. Enclosed you will find the usual professional fee, and I shall wait your answer with impatience. I should like you to inform me if possible what may be the probable expense, and what length of time it may take to perform a cure, I remain your obedient servant,

"——."

The above case occupied some time in its management; but the object and purpose of the applicant were happily realized, and he is now about changing his situation in life.

CASE XVIII.

"SIR:—I have to acknowledge the due receipt of your little work (forwarded at my request), and, after an attentive perusal of it, feel no hesitation in applying to you for advice and assistance. My case is one of excessive nervous debility, the effects of which are so distressing that I am incapable of the least exertion, and am almost in a state of mental imbecility. I feel restless and unable to apply my mind to any practice or pursuit, and am at all times exceedingly melancholy and diffident. This, I am certain, is an unnatural state of being, and must be the consequence of great indiscretion, both physically and morally. My object in writing, previous to calling, is to make you thoroughly acquainted with the nature of my case; for I fear that, in a personal interview, I might refrain from informing you what I believe to be the true cause of my present mental and bodily weakness. My age is now twenty-seven. Early at school I was led into that destructive habit, which has been the origin of all my sufferings. Feelings of the most dreadful remorse afflict me,

when reflecting upon the various ills which have happened to me in consequence of this shameful depravity. A short time ago I engaged to pursue a profession, with highly advantageous prospects, but owing to my incapacity of mind, I have been obliged to abandon it. The habit itself I have long since discontinued; but my too constant intercourse with the sex since has rendered me a slave to my passions, and has reduced me to a state of complete moral apathy. The usual fee I shall feel happy to present you with to-morrow, when I will take the opportunity of waiting on you between the hours of twelve and two. I will then answer any questions you may deem necessary to put, and shall be glad to adopt your advice as to what course I shall pursue. I am, respectfully, your obedient servant,

——."

According to the tenor of his letter, the above gentleman called upon me. A morbid melancholy appeared to have prostrated his faculties, and he was certainly more mentally than physically debilitated. Without going into further particulars, I may state that he derived considerable advantage from his application.

CONCLUDING REMARKS.

As I have before observed, I might have enlarged this portion of my work to a very considerable extent, by the introduction of innumerable cases, for I am continually in the habit of receiving testimonials of cures, but I think I have advanced sufficient to satisfy the most thoughtless or sceptical of the consequences arising from excess or infection. I do not purpose, therefore, even at a future period, to publish any more cases. My most anxious wish has been to diminish the number of the unfortunate votaries of self-indulgence and libertinism. Sexual desire has been strongly implanted in us, for the wise purpose of continuing the species; and to further that object, to prevent the heir-loom of a shattered constitution, or hereditary disease, it becomes a matter of the utmost importance to disseminate knowledge on the subject. If any should fancy that the consequences of imprudence are too highly colored, a reference to the most eminent writers on such complaints will add testimony to my experience, and prove that what I have advanced is not theory, but the facts of actual practice, and a simple narrative of what may be daily witnessed.

I may also conscientiously state another object I have had in view,—the rescue of victims from the unprincipled empiric. Many laboring under different degrees of nervousness and despondency, accompanied by slight derangements of health, or of the generative functions, have been prevented even from marrying by the exaggerated and interested opinions of ignorance and cupidity. Give every adult or thinking person information on these points, and this evil would in a great measure be remedied.

That impotence may arise from debility there can be little doubt, and that debility is often induced by excessive intercourse with women, few will be disposed to deny; but my observations fully prove that it is far more frequently the effect of the baneful habit of self-abuse in youth, which inevitably proves more destructive in its consequences than excess of venery. Men seldom go far wrong while they follow Nature, but every deviation from her laws is pregnant with danger, and may disqualify them forever from exercising the functions of manhood. The practice of Onanism is particularly prevalent in schools; we often see children in these establishments, and even at home, who were at first vigorous and healthful, speedily presenting all the signs of physical and moral decay. Where this vice is indulged in, it retards the growth of the body, and frequently destroys life

at an early age; or, if existence continues, it will be miserable. The enervated frame is unequal to the exertions necessary for life; the weakened intellectual faculties are inadequate to the due performance of mental exertions; a shameful impotence or absolute sterility opposes connubial engagements; and if, in an occasional instance, the power of procreation remains, the offspring will be feeble, delicate, and miserable pictures of those who brought them into existence. How careful, then, should parents and teachers be to watch incessantly the depositaries of future generations; and where there is reason to suspect that any relative, friend, or even acquaintance, is the victim of solitary indulgence, allow me to suggest that forwarding my work anonymously, or otherwise, would be conferring a boon to society, and would be effectual in many instances where natural delicacy, or the position of the parties, renders it objectionable to speak upon the subject.

Were the most avowed libertine to contemplate the victims of illicit love as they are often seen by the faculty, he would stand appalled at the view, and shrink from the transient enjoyment which so often entails loathsome disease on its votaries. That young man must certainly possess uncommon resolution who can always resist the temptations of meretricious beauty, yet he should consider that by yielding even in

a single instance he may be undone. One step leads to another, till the unwary victim, steeped in vice, finds it impossible to retreat. Many painful hours might be prevented by a proper caution being duly given to youth, as early impressions are seldom eradicated. If it was clearly demonstrated to a young man that the paths of unlawful pleasures lead to destruction,—that if he pursues them he will never arrive at mature age, but fall an early victim to disease and debility,—it might, and doubtless would, prevent many from falling into the abyss of vice. No saying is more true than "that the wicked shall not live half his days;" and if parents knew how necessary a moral education is for prolonging the lives of their offspring, they would perhaps pay more attention to it than when they consider it only as subservient to their happiness in a future state. To exemplify the foregoing remarks has been the principal object in writing this little work. It strictly treats on those complaints which poison the springs of happiness, and tend to the debasement of the human race. To show men how far it is in their own power, by due care and attention, to avert the fatal consequences arising from the indulgence of the passions, has been my anxious desire. How far I have succeeded in executing my design must be left for others to determine; but should these hints in any

measure conduce to put the youthful, the inexperienced, or the unwary, on their guard against the direful effects of these insidious maladies, I shall consider that my time and attention have not been bestowed in vain.

I will conclude my observations with a little advice to those gentlemen of the faculty who have not had the opportunity of acquiring experience in the class of diseases detailed in this work. When they see the youthful of either sex drooping in health or spirits, or the vigorous and robust declining in strength, although not apparently laboring under any particular disease, it becomes their duty to waive false delicacy, and ascertain the cause of such premature decay, which, if neglected, must certainly terminate in the silent tomb.

ADDRESS TO INVALIDS.

Dr. R. J. Jourdain has, for upwards of forty years, devoted undeviating attention to the Permanent cure of the various Diseases of th

Generative Organs, Consequent Derangement of the General Health, Nervousness, Local Weakness, etc., etc.

He may be consulted daily at his residence,

61 HANCOCK ST., BOSTON.

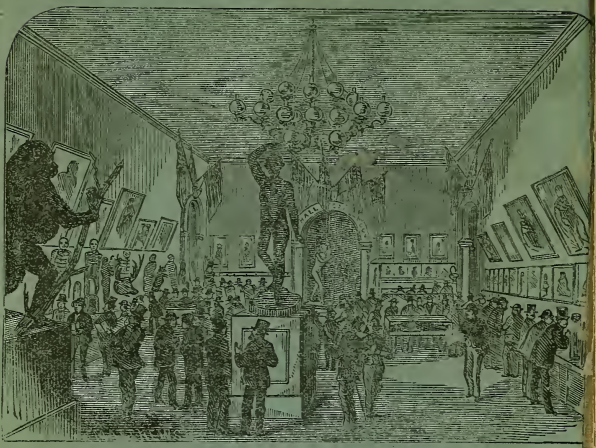
Punctually from 10 till 2, and from 5 till 8 daily, and on Sundays, from 10 till 2.

The diffidence of most persons suffering any of the calamities enumerated in this Essay, often causes them to neglect themselves, rather than confide their situation to a relative, a professional neighbor, or even a most intimate friend. The conviction that their infirmity would be known, particularly to those whom circumstances or necessity may daily bring them in contact with, is, it must be admitted, miserably depressing, and accounts for the endurance of evils, until they become incurable, which might be effectually eradicated by timely and judicious counsel; the unhappy invalid, treasuring the fact of having acknowledged his indiscretion, can hardly summon courage again to face the individual to whom he has stated his case. Dr. Jourdain's arrangements obviate this difficulty, and thus afford an opportunity to the most timid to unburthen their sorrows, without betraying either their personality

or position in society, the facilities offered through the present post-office regulations, the expedition and economy, and the secrecy, with which an epistolary correspondence may be carried on, completely remove all the above objections. Patients should forward full particulars of their case, with the necessary information as to symptoms, age, habits, nature of their occupation and length of time affected; and medicines can be forwarded, either by initials or name, securely packed from observation, to any specified address, combining the advantages of portability, without confinement, or hindrance from business. The communication must be accompanied with the usual consulting fee of five dollars, otherwise no notice can be taken of the application; and in every instance the strictest secrecy may be depended on. Forward, also, if possible, a small phial of urine. It must be that which is voided on rising in the morning, and before the patient has partaken of food. The quick and successful treatment of the case depends, in a great measure, upon its careful microscopic and chemical examination.

☞ Dr. Jourdain particularly wishes to impress upon all patients, if by any means practicable, the propriety, and, in many instances, the absolute necessity, of having, at all events, one personal interview, which, by enabling him to form a more exact judgment of the nature of each case, would materially forward the cure, thus more than amply compensating, even those residing at a distance, for the trouble or inconvenience of the journey, and privacy is strictly regarded, as several separate waiting-rooms are attached to the office.

MAN, KNOW THYSELF.



KNOWLEDGE IS POWER.

AN HOUR IN DR. JOURDAIN'S

PARISIAN GALLERY OF ANATOM

AND MEDICAL SCIENCE.

WHAT MAY BE SEEN AND HEARD THERE.

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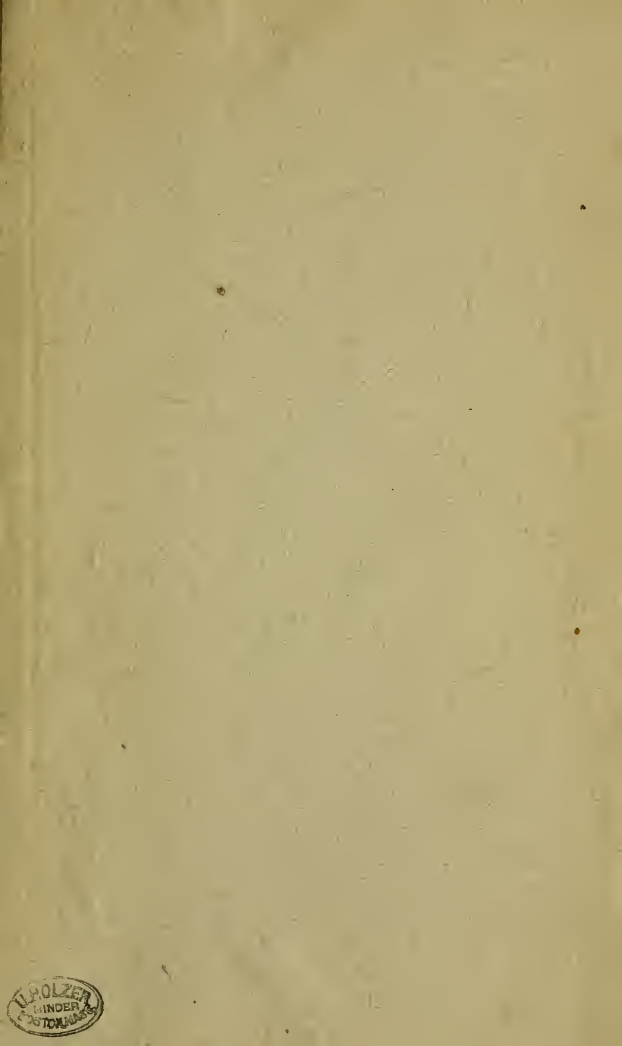
Opposite Hayward Place, BOSTO

Opened from 8 A. M. till 10 P. M.

FOR GENTLEMEN ONLY.

It is admitted to be the most elegantly decorated Hall in the city. T visitor, on entering, is dazzled, at first sight, by the brilliancy of the arra g ments. The massive Chandeliers and the magnificent Diagrams and Cha with which the walls are lined, combine to render it the most conspi and chastely beautiful sight in America. On each side, as also in the ce and elsewhere in the Museum, are displayed in glass cases numerous Mo in Wax, prepared by the most scientific professors in the world, and col so true to nature that detection is almost impossible. These wonder perfect preparations represent every portion of the Human Frame, several mechanical figures in the center of the Museum delineate the shadow of death.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